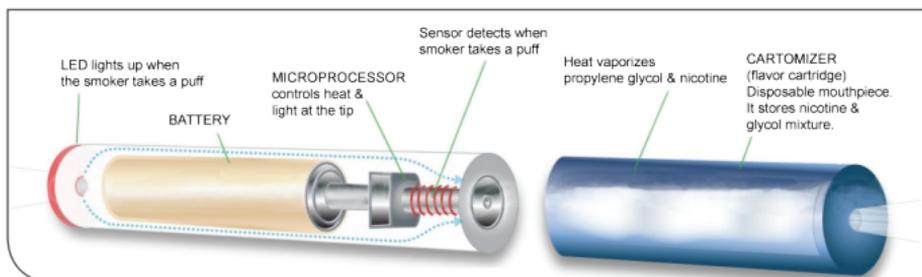


# Electronic Smoking Devices



## 10 Things You Need to Know

1. Electronic Smoking Devices (ESD) include devices such as: e-cigarettes, vape pens, e-hookahs, hookah pens, e-cigars, and other similar items.
2. ESD are battery operated devices that simulate smoking. They contain cartridges filled with nicotine, flavor, and other chemicals/toxins<sup>1</sup>. Because ESD are not regulated, ones claiming to be nicotine-free may still have nicotine in them.
3. ESD produce an "aerosol", not a harmless water "vapor". In addition to nicotine, ESD aerosol can contain heavy metals and ultrafine particulates that can be inhaled deep into the lungs<sup>2</sup>.
4. The evidence is currently insufficient to conclude ESD are effective in helping people quit<sup>1</sup>. In fact, in recent studies over 75% of ESD users also smoked traditional cigarettes (dual use)<sup>1</sup>.
5. Inhaling ESD aerosol directly from the device or secondhand is potentially harmful to health<sup>3</sup>.



6. Pregnant women should not use any tobacco/nicotine product, including ESD, because nicotine is toxic to developing fetuses and impairs fetal brain and lung development<sup>3</sup>.
7. "Use of tobacco and nicotine pose known harms for youth<sup>3</sup>." Nicotine is highly addictive, and exposure can harm adolescent brain development<sup>3</sup>.
8. In 2014, about 1 in 7 U.S. high school students reported using ESD in the last month<sup>1</sup>.
9. Visual depictions of ESD in ads may serve as a trigger to smokers and former smokers, increasing the urge to smoke. Unlike traditional cigarettes, ESD are now marketed on TV and other mainstream media channels<sup>1</sup>.
10. ESD are not an FDA approved smoking cessation aid. There are seven FDA approved medications for tobacco cessation. Call Quitline Iowa (1-800-784-8669) or consult your healthcare provider for more information.

## Resources

1. CDC Office on Smoking and Health; Electronic Nicotine Delivery Systems: Key Facts. July 2015.
2. Goniewicz, ML, Knysak J, Gawron M, Kosmider L, Sobczak A, Kurek J, Prokopowicz A, Jablonska-Czapla M, Rosik-Dulewska C, Havel C, Jacob P, Benowitz N. Levels of selected carcinogens and toxicants in vapour from electronic cigarettes. *Tobacco Control* 2014,23(2): 133-9.
3. CDC Office on Smoking and Health; E-Cigarette Information. July 2015.

## For More Information

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