

# 10 Facts About Electronic Smoking Devices

1. Electronic Smoking Devices (ESDs) include devices such as: e-cigarettes, vape pens, e-hookahs, e-cigars, personal vaporizers, and other similar items.

## Sample of Electronic Smoking Devices



Disposable e-cigarette



Rechargeable e-cigarette



Disposable hookah pen-style device



Pen-style rechargeable device



Cigar-style rechargeable device



Tank-style rechargeable device

2. ESDs are battery operated devices that simulate smoking. They contain cartridges filled with nicotine, flavorings, and other chemicals/toxins<sup>1</sup>.
3. ESDs produce an aerosol, not a harmless water vapor. In addition to nicotine, ESD aerosol can contain heavy metals, ultrafine particulates that can be inhaled deep into the lungs, and cancer causing agents<sup>2</sup>.
4. The evidence is currently insufficient to conclude ESDs are effective in helping people quit smoking<sup>1</sup>.
5. Recent studies have shown over 75% of ESD users also smoked traditional cigarettes (dual use)<sup>3</sup>.

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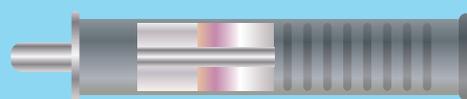
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Cigar-style rechargeable device

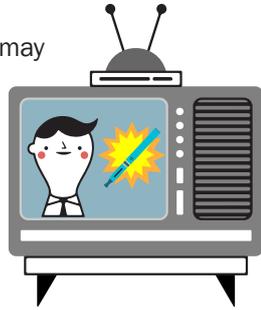


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5. Recent studies have shown over 75% of ESD users also smoked traditional cigarettes (dual use)<sup>3</sup>.

- 6. Inhaling ESD aerosol, directly from the device or secondhand, is potentially harmful to health<sup>3</sup>.
- 7. “Use of tobacco and nicotine poses known harms for youth<sup>3</sup>.” Nicotine is highly addictive, and exposure can harm adolescent brain development<sup>3</sup>.

- 8. Visual depictions of ESDs in ads may serve as cues to smokers and former smokers, increasing the urge to smoke.
- 9. Unlike traditional cigarettes, ESDs are now marketed on TV and other mainstream media channels<sup>1</sup>.



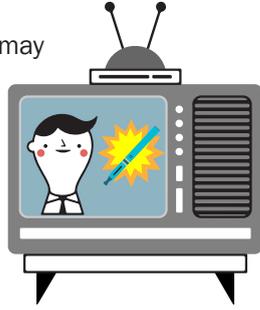
- 10. ESDs are not an FDA approved smoking cessation aid. **Quitline Iowa** has expert, caring coaches and materials to help you live a tobacco-free life. Enroll now for free. Call **1.800.QUIT.NOW (1.800.784.8669)** or visit [www.quitlineiowa.org](http://www.quitlineiowa.org).



*More than 75% of ESD users also smoke traditional cigarettes<sup>3</sup>.*

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**Sources:**

<sup>1</sup> CDC Office on Smoking and Health; Electronic Nicotine Delivery Systems: Key Facts. July 2015.  
<sup>2</sup> 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.  
<sup>3</sup> CDC Office on Smoking and Health; E-cigarette Information. July 2015.

Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control. Created July 2016.



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