

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.



- 2.** ESDs are battery operated devices that simulate smoking. They contain cartridges filled with nicotine, flavorings and other chemicals/toxins.
- 3.** ESDs produce an aerosol, not a harmless water vapor. In addition to nicotine, ESD aerosol can contain heavy metals, cancer causing toxins and other chemicals not approved by the Food and Drug Administration for inhalation.
- 4.** Nicotine is a health danger to pregnant women and their unborn children.
- 5.** Among e-cigarette users aged 18-24 years, 40 percent had never been regular cigarette smokers.

- Inhaling ESD aerosol, directly from the device or secondhand, is potentially harmful to health.
- Nicotine is highly addictive and exposure can harm adolescent brain development.
- Visual depictions of ESDs in ads may serve as cues to smokers and former smokers, increasing the urge to smoke.



- Unlike traditional cigarettes, ESDs are now marketed on TV and other mainstream media channels.
- 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**.

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Iowa Department of Public Health

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