

E-Cigarette Facts

E-cigs, vapes, vape pens, mods, e-hookahs, tank systems, and electronic nicotine delivery systems (ENDS)

WHAT ARE THEY?

E-cigarettes or vapes are battery operated devices with a heating element and holds a liquid that is turned into an aerosol.

HOW ARE THEY USED?

E-cigarettes heat a liquid, usually containing nicotine, to form an aerosol that is inhaled to deliver nicotine to the user instead of smoking cigarettes, pipes, or cigars.

WHAT DO THEY LOOK LIKE?

E-cigarettes and vape pens may look like cigarettes, cigars, pipes, pens, USB devices, and other ordinary items. Mods and tanks are larger, about the size of a pack of cigarettes, with a large stem sticking out the top of them.

WHAT INGREDIENTS ARE IN THE E-LIQUIDS AND AEROSOL?

Some of the ingredients in ENDS are nicotine; metals like lead, chromium, and nickel, as well as flavorings that appeal to kids. Because there are no regulations or manufacturing standards, we don't truly know what may be contained in the liquids and the resulting aerosol.

ARE ENDS SAFE?

At this time, ENDS have an unknown safety profile, and the long term health effects are unknown. There are no regulation standards by the FDA and other governmental for manufacturing these devices.

DO THEY HELP PEOPLE QUIT SMOKING?

Currently, e-cigarettes are not approved by the FDA as an approved smoking cessation aid. In fact, the CDC reported many people who use electronic devices to quit using tobacco products become dual users of e-cigarettes and other tobacco products. SCF does not recommend ENDS for use to help stop tobacco use.

Health Education

SCF Quit Tobacco Program
(907) 729-2689

SOURCES:

cdc.gov | heartinsight.heart.org | news.heart.org

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