

What Are E-Cigarettes?

Electronic Cigarettes are battery powered devices that provide an inhaled dosage of nicotine. They consist of three components: a replaceable nicotine cartridge, which also acts as a mouthpiece, a vaporizer that produces a mist for inhalation, and a battery.¹ They are also known as e-cigarettes, vapors, vape pens, personal vaporizers, and nicotine vaporizers.² Electronic hookahs and hookah pens are similar products.³

A 2012 study revealed that the awareness and use of e-cigarettes are increasing. Approximately 6 in 10 adults were aware of e-cigarettes in 2011 compared with 4 in 10 adults in 2010. Moreover, in 2011, 6.2 percent of all adults and 21.2 percent of current smokers had ever used e-cigarettes, double the number estimated in 2010.⁴ Between 2011 and 2012, youth e-cigarette use more than doubled.⁵

Because the products are not submitted to the FDA for evaluation and testing, it is

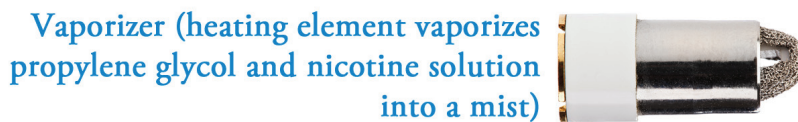
unknown what chemicals or dosage of nicotine a particular brand or product contains.^{6,7}

Since March 2011, electronic cigarettes have been considered tobacco products in Colorado for the purposes of furnishing them to minors under the age of 18. It is illegal for anyone to sell an electronic cigarette, or any other tobacco product, to a minor.⁸

What's in an E-Cigarette?



Power pack (rechargeable battery or other power source)



Vaporizer (heating element vaporizes propylene glycol and nicotine solution into a mist)



Mouthpiece (cartridge containing solution of nicotine, propylene glycol, and sometimes flavorings)

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3. "Hookahs." *Centers for Disease Control*. 14 June 2013. Retrieved 25 June 2013. Online.

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7. Cobb, Nathan; M. Justin Byron; David Abrams; and Peter Shields. "Novel Nicotine Delivery Systems and Public Health: The Rise of the 'E-Cigarette.'" *American Journal of Public Health*. December 2010. Retrieved 27 June 2013. Online.

8. "Furnishing cigarettes or tobacco products to minors." *Colorado Revised Statutes*, Sec. 18-13-121. Retrieved 16 June 2013. Online.



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What Do I Need to Know About E-Cigarettes?

Can e-cigarettes help me quit smoking?

There is not sufficient evidence that e-cigarettes help smokers quit, nor are they approved by the Food and Drug Administration as a cessation medication.¹ Instead, you can ask your doctor about several forms of nicotine replacement therapy (NRT) that have been proven to help with quit attempts:

- Nicotine patches, gum, inhalers, lozenges, and nasal spray^{2,3}
- Bupropion SR (prescription medication)^{2,3}
- Varenicline (prescription medication)^{2,3}

You can also ask about individual, group, or telephone counseling. These treatments have also proven effective and increase in effectiveness as treatment intensity increases. This includes problem-solving and skills training as well as social support delivered as part of treatment.⁴

Though counseling and medications when used independently are effective, a combination of counseling and medication are more effective than either alone.⁵

The Colorado QuitLine (www.coquitline.com or by phone at 1-800-QUIT-NOW) offers both counseling and medication support when you're trying to quit.

Are e-cigarettes safe to use?

There's no standardization among e-cigarettes, so it's hard to say what's in them. A 2009 FDA study of products available at the time found that some electronic cigarette cartridges contained nitrosamines, which cause cancer.⁶ Since that study, many more products have come onto the market. There's no evidence whether e-cigarettes pose more or less risk of cancer than traditional cigarettes. Additionally, the study found some electronic cigarette cartridges contained diethylene glycol, a toxic chemical commonly used in antifreeze.⁷

What we do know for certain is that nicotine is addictive, and results in dependency and withdrawal.⁸ The safest thing to do is quit nicotine use altogether: the Colorado QuitLine (www.coquitline.com or by phone at 1-800-QUIT-NOW) can help.

1. "Public Health Focus: Electronic Cigarettes." *U.S. Food and Drug Administration*. 25 April 2013. Retrieved 16 June 2013. Online.

2. "Smoking Cessation." *Centers for Disease Control*. 5 June 2013. Retrieved 24 June 2013. Online.

3. "FDA 101: Smoking Cessation Products." *U.S. Food and Drug Administration*. 12 Dec. 2012. Retrieved 24 June 2013. Online.

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