

E-cigarettes will probably not help you quit smoking

E-cigarettes are not an FDA approved cessation device. Big tobacco has tricked people into believing that the e-cig will help them quit smoking. Studies suggest that e-cigs keep smokers addicted and may cause people who have quit to start using again. **A 2013 survey found that 77% of e-cigarette users were also smoking cigarettes(3).**

Using the e-cig could delay quitting, and increase the chances of developing a dual addiction or an even stronger addiction to nicotine.

E-cigarettes can be used in most places where cigarette smoking is banned.

Because there are **no federal or Montana state laws banning the indoor use of e-cigarettes in public establishments** many people are smoking e-cigarettes in places where smoking cigarettes is not allowed.

However, this is changing, many local businesses and companies are now enacting their own rules about the banning the use of e-cigarettes on their property. For example,

The Department of Transportation has banned the use of e-cigarettes on all US and US bound flights(4).

E-cigarettes produce a secondhand aerosol

Studies have shown that **the gas inhaled and exhaled by the user is not a water vapor at all, but an aerosol.** The aerosol inhaled and exhaled by the user contains propylene glycol, Nicotine, cancer causing chemicals, heavy metals, volatile Organic Compounds, polycyclic aromatic hydrocarbons, and flavorings which can then be breathed in by a non-user passing by(6). Due to the lack of long term research the health effects of secondhand aerosol exposure are unknown.

Propylene Glycol

Propylene Glycol, the main ingredient in e-cigarette aerosol, **causes eye, throat, and airway irritation after short term exposure, and can exacerbate asthma or stimulate the onset of asthma in children after long term exposure(2).**

The long term health effects are unknown

E-cigs are relatively new, therefore no long term studies have not been conducted. However, short term studies have shown that e-cigarettes can cause short term lung changes and irritations(6). They have also been shown to spontaneously explode in the mouths of users(7).

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Resources:

1. <http://dphhs.mt.gov/Portals/85/publichealth/documents/Tobacco/FactSheet/FINAL%20E%20Cig%20Fact%20Sheet.pdf>
2. http://www.tobaccofreekids.org/tobacco_unfiltered/post/2015_06_17_ecig
3. www.cdc.gov/tobacco/basic_information/e-cigarettes/adult-trends/index.htm
4. <https://www.transportation.gov/sites/dot.gov/files/docs/PolicyOnECigarettes.pdf>
5. http://www.tobaccofreekids.org/press_releases/post/2015_04_16_yts
6. http://www.acscan.org/ovc_images/file/action/states/mt/Ecigarettes_smokefree_laws_FINAL_11_11_14.pdf
7. <http://www.cbsnews.com/news/man-seriously-injured-by-e-cigarette-explosion/>

GET THE FACTS

E-Cigarettes

(Electronic Cigarettes)

15 Things to know
and More....



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Nicotine is Addictive!

E-cigarettes use a battery-operated element to vaporize nicotine into an inhalant.

They can look similar to real cigarettes.

Nicotine in e-cigarettes is highly addictive

*Nicotine, the addictive drug found in tobacco, is usually dissolved in Propylene Glycol, a clear colorless liquid that is commonly found in inhalers, cough medicines and **anti-freeze**(2). It is commonly referred to as “e-juice”*

The smoke inhaled by the e-cigarette user is not harmless water vapor.

*Studies of e-cigarette aerosol, inaccurately called vapor by the tobacco Industry, to make them appear healthier alternative, have **found dangerous chemicals** that can also be found in cigarettes and smokeless tobacco products(2).*

The chemicals in e-cigarettes may damage your health

*Carcinogens like nitrosamines, **formaldehyde, lead, nickel, acetaldehyde, and chromium** have been discovered. Along with Heavy metals and other hazardous substances such as acrolein, tin, toluene, and aluminum(2).*

The Nicotine in “e-juice” can poison adults, children and animals

*Ingestion or skin contact with the nicotine solution from an e-cigarette can be deadly. **Since 2009, 9 Montanans have been treated for nicotine poisoning from e-juice**, including 4 children under the age of 6 years(2).*

E-cigarettes are not regulated by the FDA

*Due to the lack of regulation by the Food and Drug Administration, there are currently **no restrictions on the development, marketing, or design of the e-cigarette**. For Example, Nicotine levels are frequently mislabeled, ingredient lists are not provided, safety labels, and childproofing are not required. Tests have shown that brands that claim to be nicotine free actually contain nicotine. People do not know what they are buying. Effective January 1, 2016 you must be 18 to purchase the product(2).*

Increasing Popularity

*E-cigarettes entered the US market in 2007. Overall **awareness among US adults has quadrupled** between 2009 and 2012; from 16% to 75%. There are **over 400 brands** of electronic smoking devices and two thirds of Montana tobacco retailers sell e-cigarettes(2).*

Youth E-cigarette use has doubled

*Although youth smoking rates are down in the US, e-cigarette use has risen and doubled among middle and high school students(2). The 2015 Montana Youth Risk Behavior Survey found **that 30% of MT teens are using the e-cigarette**.*

Tobacco Companies are using old marketing tactics to hook kids

*E-cigarette manufacturers continue to use marketing tactics that come right out of Big Tobacco's playbook for promoting regular cigarettes & chew tobacco to kids, including **trendy magazine ads, concert sponsorship, auto/NASCAR races, billboards, celebrity endorsements, TV commercials along with sweet, colorful flavors and bright packaging**(1). The industry has even designed the e-cigarette to look more fashionable and attractive to teens.*

Sweet flavored E-cigs are used to bait youth

*While the **2009 Family Smoking Prevention and Tobacco Control Act** banned sweet candy flavored cigarettes and chew tobacco, the tobacco industry continues to lure kids into nicotine addiction with a wide assortment of sweet-flavored e-cigarette products(5). **The Tobacco Industry has long recognized that sweet flavors mask the harshness of tobacco and attract new tobacco users**, especially kids. There are hundreds of flavors that range from gummy bear and cotton candy to watermelon and unicorn puke(5).*