

# Know Your E-Cigarette Facts

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For more information on ways to lead a healthier lifestyle visit our website [GetHeathyCT.org](http://GetHeathyCT.org)



*Find us on Facebook and Twitter!*



## August 2019



## What are your reasons to Quit? - Let us help.

The **CT Quitline** is a telephone help line offered **free of charge** that provides cessation counseling, quitting information, answers to your questions, and support you need while quitting.

When you call, your call will be answered by one of our **Quit Coaches** who are professionally trained to help you quit tobacco.

Your Quit Coach and you will create a personalized **Quit Plan** for you to be most successful.

You will also receive **Quit Guides** that are full of helpful tips and information to keep you on track.

Worried about cravings? Your Quit Coach will help you decide if the nicotine patch, gum or other **medication** is best for you.

Your Quit Coach can also refer you to **local cessation programs** in your community.

The CT Quitline is open **7 days** a week **24 hours** a day.  
English, Spanish, and other language speaking coaches are available.

### Here is what callers are saying about the CT Quitline:

- "The coaches are helpful and encouraging. Very supportive. I don't have the mindset to pick up smoking again."
- "Thank you to the entire staff for support. Although it is a challenge, I am a nonsmoker."
- "I have wanted to quit for a long time. I am now enjoying being a nonsmoker."
- "This has been a positive experience."
- "The coach was gentle and kind."
- "They are teaching me coping skills and I am staying positive."
- "The quit guides give great insight."
- "After smoking for 40 years, this is going to work for me!"
- "My daughter said she was proud of me for quitting."
- "Nothing ever helped before. This is a wonderful program." \*quit after 30 years
- "This is awesome program –a phone call away for an extra push is great."
- "The coach is very helpful, they see you as an individual."
- "The money I saved from quitting allowed me to fix my washing machine."
- "Life is Great! I am so glad we found your number."

Call the **CT Quitline at 1-800- QUIT-NOW** for help with quitting or **register online** at [www.quitnow.net/connecticut](http://www.quitnow.net/connecticut)

Source: <https://portal.ct.gov/DPH/Health-Education-Management--Surveillance/Tobacco/CT-Quitline>



# the 101 on ^ e-Cigarettes



American  
Heart  
Association.

Vaping is becoming an increasing epidemic among teens. In 2018, e-cigarette use nearly doubled in high school students.

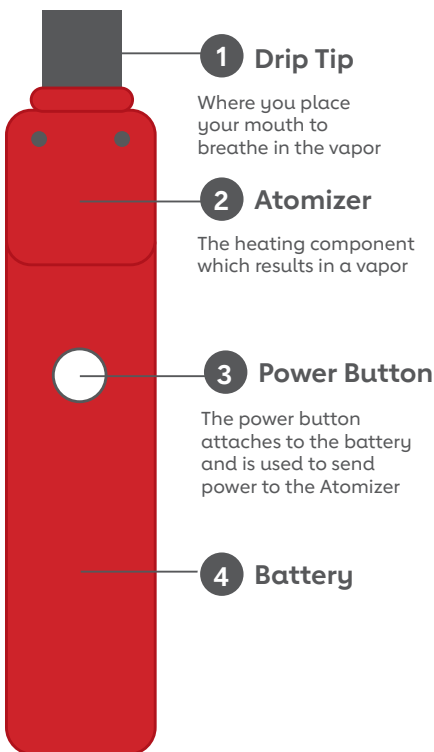


## What is vaping?

Vaping is the **act of inhaling and exhaling the aerosol, often referred to as vapor**, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, **often mistaken for water vapor, that actually consists of fine particles**. Many of these particles contain varying amounts of toxic chemicals, which have been linked to heart and respiratory diseases and cancer.

## What is an e-cigarette?

Electronic cigarettes (e-cigarettes) are **battery-powered devices that can deliver nicotine and flavorings to the user in the form of an aerosol**. Most have a battery, a heating element, and a place to hold a liquid or nicotine salts. Flavors that make e-cigarettes so appealing can have toxic effects themselves, although they are GRAS (generally regarded as safe) when ingested in food or drinks.



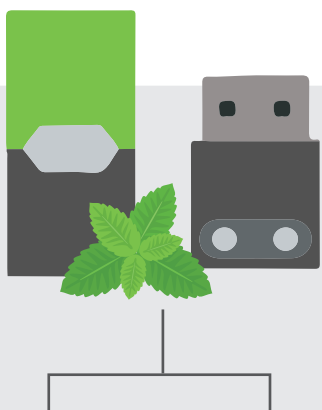
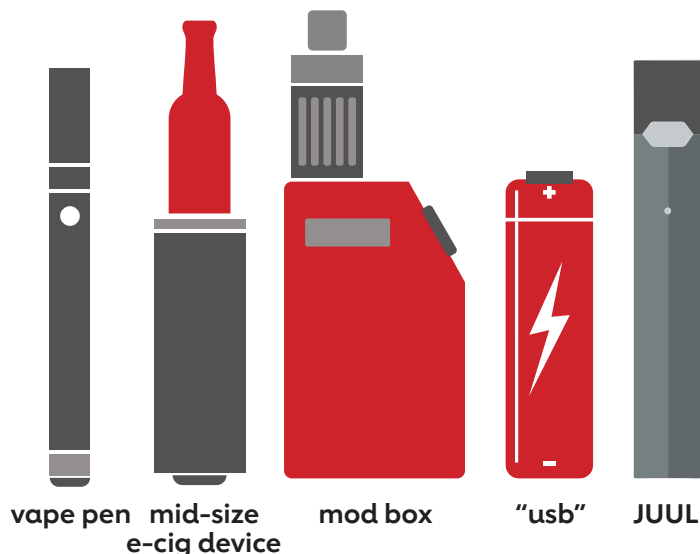
## Why are e-cigarettes unsafe for kids, teens and young adults?

- Nicotine can harm the developing adolescent brain
- e-cigarettes contain nicotine
- Nicotine addiction that occurs with e-cigarette use may lead to transition to use of combustible tobacco products
- Addiction itself, whether to nicotine or other drugs, can drive undesirable behaviors



## What do e-cigarettes look like?

E-cigarettes come in a wide variety of shapes and sizes; **mini** (often called cig-a-like), **mid-size**, **vape pens**, **vape pod systems** like JUUL, **e-hookahs**, **e-cigars**, **advanced personal vaporizers** or **mods**; even ones shaped to look like pens and usb drives.



The JUUL nicotine refill ("pods") **contain as much nicotine as a pack of 20 regular cigarettes**. Average pod length varies but can last up to 200 puffs.

## What Is JUUL?

JUUL is a rapidly growing type of e-cigarette that became available in the US in 2015. It now accounts for about 72 percent of the market share of vaping products in the United States.

- JUUL is particularly appealing to adolescents and young adults because it has a slim design **shaped like a USB flash drive** (which makes it easier to hide).
- It comes in different colors, and a wide variety of flavors, including many that appeal to kids.
- **JUUL does not emit large smoke clouds**, making it optimal for discreet use.
- Not only is nicotine high in JUUL pods, it is present in a **benzoic acid salt** rather than a free base which **increases the rate of nicotine delivery** and decreases the harsh sensation in the mouth and throat.

Noting this unprecedented spike in e-cigarette use in youth, in December 2018, the US Surgeon General issued an advisory for parents, teachers and health professionals about the negative health consequences of e-cigarettes in kids.

## What can parents do?

- Do not use any tobacco products
- **Talk with your kids about the dangers of smoking and the importance of avoiding any tobacco use** (conventional cigarettes or e-cigarettes)
- Educate your kids that **e-cigarettes contain nicotine, a HIGHLY addictive substance**
- **Advocate for comprehensive tobacco prevention policies** (that include e-cigarettes)



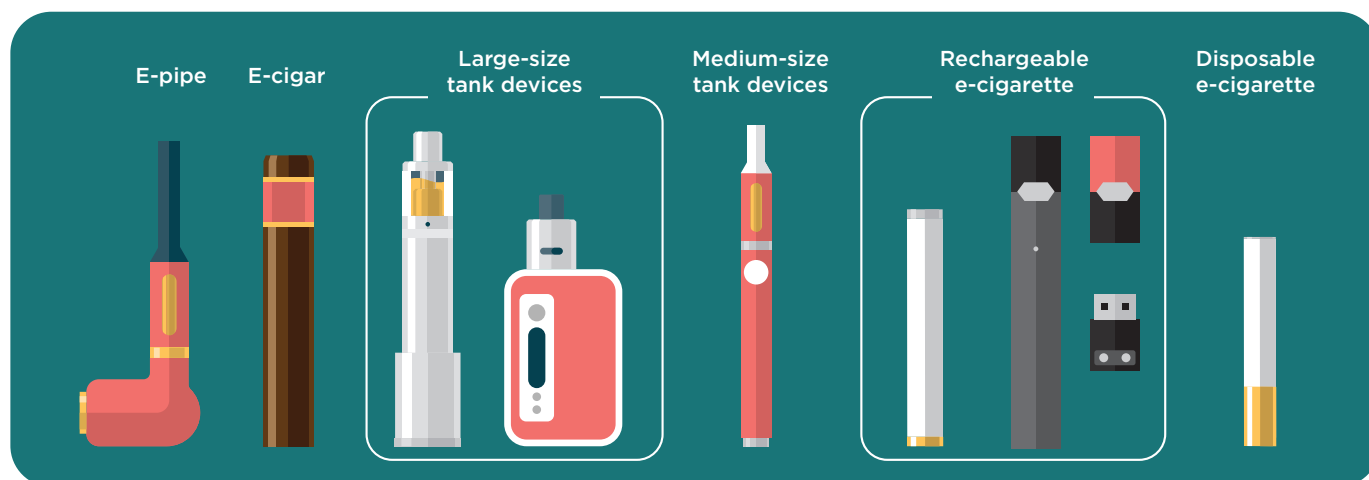
American  
Heart  
Association.

# ELECTRONIC CIGARETTES WHAT'S THE BOTTOM LINE?

- » E-cigarettes have the potential to benefit adult smokers who are not pregnant if used as a complete substitute for regular cigarettes and other smoked tobacco products.
- » E-cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products.
- » While e-cigarettes have the potential to benefit some people and harm others, scientists still have a lot to learn about whether e-cigarettes are effective for quitting smoking.
- » If you've never smoked or used other tobacco products or e-cigarettes, don't start.

## WHAT ARE E-CIGARETTES?

- » E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems.”
- » Some e-cigarettes are made to look like regular cigarettes, cigars, or pipes. Some resemble pens, USB sticks, and other everyday items.
- » E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.
- » E-cigarettes can be used to deliver marijuana and other drugs.



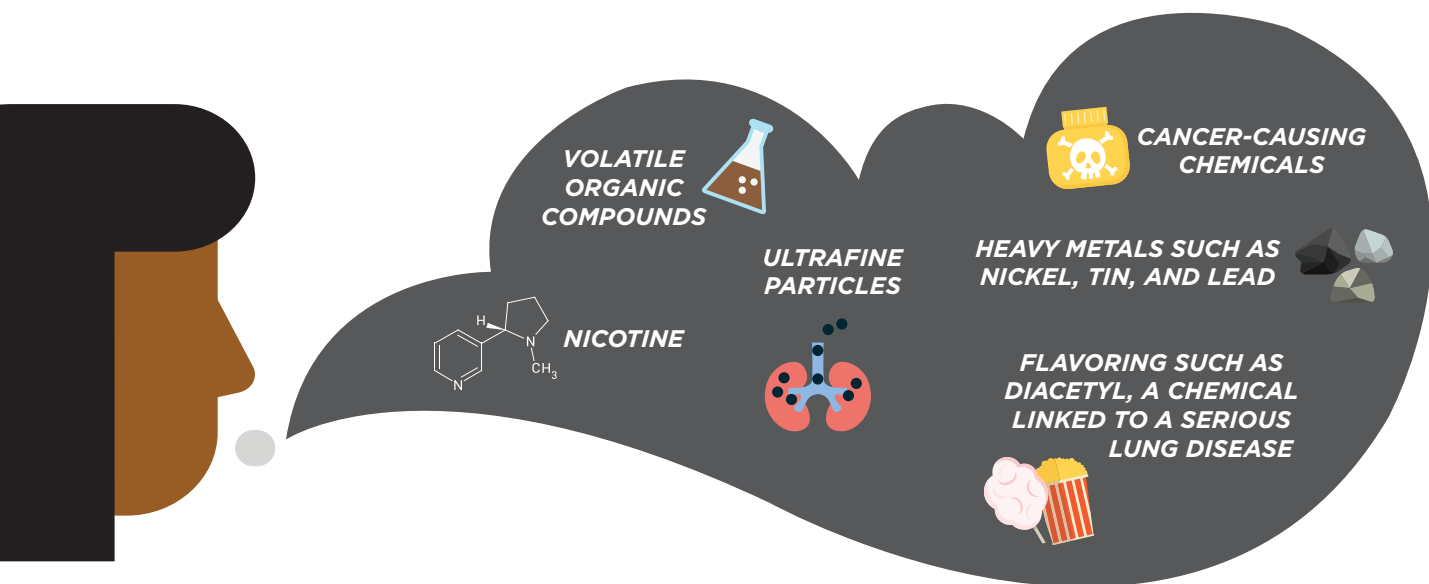
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U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

## WHAT IS IN E-CIGARETTE AEROSOL?

THE E-CIGARETTE AEROSOL THAT USERS BREATHE FROM THE DEVICE AND EXHALE CAN CONTAIN HARMFUL AND POTENTIALLY HARMFUL SUBSTANCES:



It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

## ARE E-CIGARETTES LESS HARMFUL THAN REGULAR CIGARETTES?



**VS**



**YES**, but that doesn't mean e-cigarettes are safe.

E-cigarette aerosol generally contains fewer toxic chemicals than the deadly mix of 7,000 chemicals in smoke from regular cigarettes. However, e-cigarette aerosol is not harmless. It can contain harmful and potentially harmful substances, including nicotine, heavy metals like lead, volatile organic compounds, and cancer-causing agents.

# WHAT ARE THE HEALTH EFFECTS OF USING E-CIGARETTES?

SCIENTISTS ARE STILL LEARNING ABOUT THE LONG-TERM HEALTH EFFECTS OF E-CIGARETTES. HERE IS WHAT WE KNOW NOW.

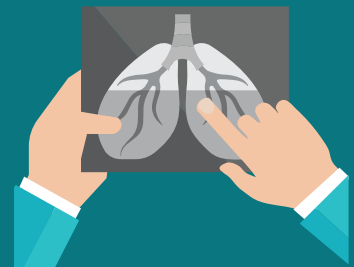
## 1 Most e-cigarettes contain nicotine, which has known health effects

- » Nicotine is highly addictive.
- » Nicotine is toxic to developing fetuses.
- » Nicotine can harm adolescent brain development, which continues into the early to mid-20s.
- » Nicotine is a health danger for pregnant women and their developing babies.



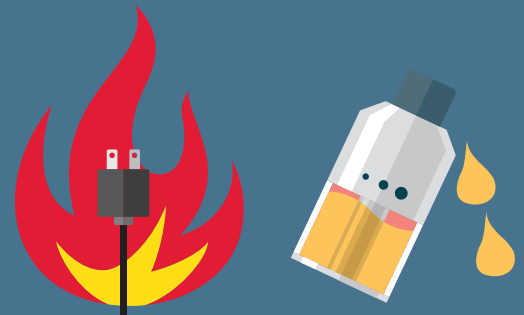
## 2 Besides nicotine, e-cigarette aerosol can contain substances that harm the body.

- » This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.



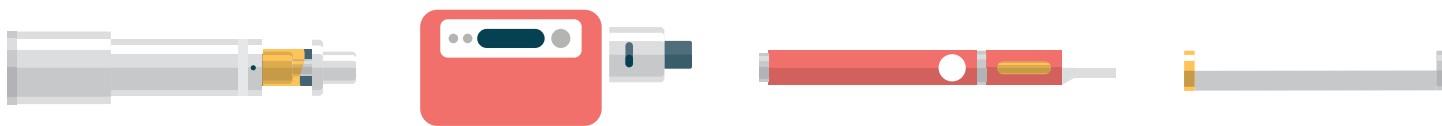
## 3 E-cigarettes can cause unintended injuries.

- » Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries.
- » In addition, acute nicotine exposure can be toxic. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid.





## CAN E-CIGARETTES HELP ADULTS QUIT SMOKING CIGARETTES?



### E-CIGARETTES ARE NOT CURRENTLY APPROVED BY THE FDA AS A QUIT SMOKING AID.

The U.S. Preventive Services Task Force, a group of health experts that makes recommendations about preventive health care, concluded that the evidence is insufficient to recommend e-cigarettes for smoking cessation in adults, including pregnant women.



**HOWEVER,** e-cigarettes may help non-pregnant adult smokers if used as a complete substitute for all cigarettes and other smoked tobacco products.

### TO DATE, THE FEW STUDIES ON THE ISSUE ARE MIXED.

Evidence from two randomized controlled trials found that e-cigarettes with nicotine can help smokers stop smoking in the long term compared with placebo (non-nicotine) e-cigarettes.

A recent CDC study found that many adults are using e-cigarettes in an attempt to quit smoking. However, most adult e-cigarette users do not stop smoking cigarettes and are instead continuing to use both products (“dual use”). Because smoking even a few cigarettes a day can be dangerous, quitting smoking completely is very important to protect your health.



## WHO IS USING E-CIGARETTES?

E-CIGARETTES ARE THE MOST COMMONLY USED TOBACCO PRODUCT AMONG YOUTH.

IN THE U.S.,  
YOUTH ARE  
MORE LIKELY  
THAN ADULTS  
TO USE  
E-CIGARETTE



**4.9%**  
MIDDLE SCHOOL  
STUDENTS

In 2018, more than  
**3.6 MILLION**  
U.S. middle and high school  
students used e-cigarettes in  
the past 30 days, including:

**20.8%**  
HIGH SCHOOL  
STUDENTS



**AMONG CURRENT E-CIGARETTE USERS AGED 45 YEARS AND OLDER**  
in 2015, most were either current or former regular cigarette smokers, and  
1.3% had never been cigarette smokers.

**IN CONTRAST, AMONG CURRENT E-CIGARETTE USERS AGED 18–24 YEARS,**  
**40.0%** had **NEVER BEEN** regular cigarette smokers

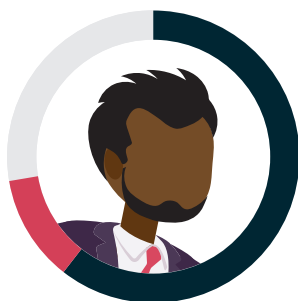
IN 2015, AMONG ADULT E-CIGARETTE  
USERS OVERALL:

**29.8%**

were former  
regular cigarette  
smokers

**11.4%**

had never been  
regular cigarette  
smokers



**58.8%**

were current regular  
cigarette smokers

ADULTS

In 2017, **2.8%**  
of U.S. adults were current  
e-cigarette users



# ELECTRONIC CIGARETTES: What You Need to Know

## What are electronic cigarettes?

Electronic cigarettes (also called e-cigarettes or e-cigs) are battery-powered devices. They use cartridges filled with a liquid that contains nicotine, flavoring, and other chemicals. This liquid is heated by the e-cigarette. It turns into a vapor that can be inhaled.

Using an e-cigarette is called “vaping.” Other devices used for vaping include e-hookahs, e-cigars, e-pipes, shisha, and vape pens.

## Are e-cigarettes safe?

E-cigarettes don’t burn tobacco, so the vapor they create doesn’t contain some of the harmful substances that smoke from a regular cigarette does (for example, tar and carbon monoxide). While we don’t know for certain, e-cigarettes may be less dangerous than regular cigarettes. However, they should not be considered safe or an alternative to regular cigarettes. The safety of e-cigarettes hasn’t been fully studied, so we don’t know the long-term health risks that vaping can cause. However, we do know that nicotine in e-cigarettes is addictive, just like it is in regular cigarettes.

E-cigarettes went unregulated since being introduced in the U.S. nearly 10 years ago. However, as of August 2016, e-cigarettes are now regulated by the U.S. Food and Drug Administration (FDA). This shift in policy allows the FDA to evaluate the ingredients of these products and restrict their sale to person under 18 years.

## Risks of e-cigarettes for children and teens

- Companies are allowed to make advertisements for e-cigarettes that appeal to young people.
- The flavorings in e-cigarettes (for example, grape, bubble gum, chocolate, and peppermint) appeal to children and teens.
- In the United States, e-cigarette use by high school students and middle school students is rising rapidly, and is three times higher from 2013 to 2014.
- Poisonings in young children who have swallowed e-cigarette liquid have increased dramatically in the United States.

## Can using e-cigarettes help me quit smoking?

Scientific studies have not shown that e-cigarettes work to help people quit smoking. Researchers also don’t know how e-cigarettes compare with FDA-approved products and medications (like nicotine patches or gum) that we know are safe and can help people quit smoking.

In many cases, people who are trying to quit smoking by using e-cigarettes continue to smoke regular cigarettes, too. This is not an effective way to improve your health.

## How can I quit smoking?

If you’re thinking about using e-cigarettes to help you quit smoking, talk to your family doctor first. He or she can help you make a plan for quitting and give you helpful information. You’ll have the best chance of quitting smoking if you do the following:

- Get ready.
- Get support and encouragement.
- Learn how to handle stress and the urge to smoke.
- Get medicine and use it correctly.
- Be prepared for relapse.
- Keep trying.

You can also get **free information**  
and support by calling  
**1-800-QUIT-NOW (1-800-784-8669).**

# What's the Verdict on Vaping?

## A Game for Two Players

Think you're in the know about smoking, e-cigarettes, and vaping? Find out when you play this game.



### How to play:

1. Choose a numbered statement. Tell whether the statement is true or false.
2. Have your partner check the answer key. If you are correct, write your initials in the oval. If you are incorrect, write your opponent's initials in the oval. Next your partner takes a turn.
3. The player whose initials are written in more ovals after all the statements have been read is the winner.

<p>1. Evidence shows that the nicotine and additives in e-cigarettes may harm a smoker's cardiovascular system.</p> <p><input type="text"/></p>	<p>2. The smoke from regular cigarettes contains 7,000 chemicals.</p> <p><input type="text"/></p>	<p>3. Trying an e-cigarette just one time is not risky.</p> <p><input type="text"/></p>	<p>4. It's a myth that some people have been injured by exploding e-cigarettes.</p> <p><input type="text"/></p>
<p>5. Smoking even a few cigarettes a day is harmful to one's health.</p> <p><input type="text"/></p>	<p>6. E-cigarette aerosol can contain cancer-causing agents.</p> <p><input type="text"/></p>	<p>7. Over 40,000 people die each year from heart disease caused by secondhand smoke.</p> <p><input type="text"/></p>	<p>8. Only the nicotine in regular cigarettes is addictive.</p> <p><input type="text"/></p>
<p>9. E-cigarette users can be poisoned if they absorb e-cigarette liquid through their skin or eyes.</p> <p><input type="text"/></p>	<p>10. The Federal Drug Administration lists e-cigarettes as a quit-smoking aid.</p> <p><input type="text"/></p>	<p>11. Almost 50,000 people in the United States die each year from smoking.</p> <p><input type="text"/></p>	<p>12. When people smoke e-cigarettes, they do not inhale the aerosol into their lungs.</p> <p><input type="text"/></p>
<p>13. The aerosol from an e-cigarette is less deadly than cigarette smoke but is still harmful.</p> <p><input type="text"/></p>	<p>14. Using nicotine between the ages of 10 and 18 makes you more likely to become addicted to other drugs in the future.</p> <p><input type="text"/></p>	<p>15. Smoking e-cigarettes that contain nicotine is a safe alternative for pregnant women.</p> <p><input type="text"/></p>	<p>16. Many adults who use e-cigarettes to help them stop smoking end up smoking both e-cigarettes and regular cigarettes.</p> <p><input type="text"/></p>
<p>17. Most people who smoke started when they were 20 years old or older.</p> <p><input type="text"/></p>	<p>18. Young people in the United States are more likely to use e-cigarettes than adults.</p> <p><input type="text"/></p>	<p>19. One JUUL e-cigarette pod contains less nicotine than two regular cigarettes.</p> <p><input type="text"/></p>	<p>20. Most teenagers believe that occasionally using an e-cigarette is relatively safe.</p> <p><input type="text"/></p>

# **“What’s the Verdict on Vaping?”**

## **Answer Key**

1. true
2. true
3. false; Almost 20% of the people who try an e-cigarette one time become regular users.
4. false; Some e-cigarette users have been burned or injured by e-cigarettes that have exploded or caught fire due to faulty batteries.
5. true
6. true
7. true
8. false; The nicotine in all tobacco products—including e-cigarettes that deliver nicotine—is extremely addictive.
9. true
10. false; The Federal Drug Administration has not approved e-cigarettes as a quit-smoking aid.
11. false; The number is ten times that amount—almost 500,000 people die in the United States each year from smoking.
12. false; When people smoke e-cigarettes, they inhale the aerosol into their lungs.
13. true
14. true
15. false; Smoking e-cigarettes that contain nicotine is harmful to pregnant women and their fetuses.
16. true
17. false; Most tobacco use starts during adolescence (between the ages of 10 and 19).
18. true
19. false; One JUUL e-cigarette pod contains as much nicotine as a pack of 20 regular cigarettes.
20. true; While teens may believe this, they are wrong. Just one e-cigarette can lead to addiction.

### **The Verdict Is In: Smoking Is Serious.**

Using any tobacco product, including e-cigarettes, is unsafe. Not only is the nicotine in tobacco products extremely addictive, it negatively affects brain development in adolescents and puts a young person at risk of a lifetime of nicotine addiction. And that’s not all. Because adolescent brains are developing and will continue to do so until about age 25, young people can get addicted more easily than adults. Don’t vape, don’t smoke, and don’t let the people you care about do it either.



# Weight gain after quitting smoking: What to do



Many people gain weight when they quit smoking cigarettes. On average, people gain 5 to 10 pounds (2.25 to 4.5 kilograms) in the months after they give up smoking.

You may put off quitting if you are worried about adding extra weight. But NOT smoking is one of the best things you can do for your health. Fortunately, there are things you can do to keep your weight under control when you quit.

## Why People who Quit Smoking Gain Weight

There are a couple of reasons why people gain weight when they give up cigarettes. Some have to do with the way nicotine affects your body.

- The nicotine in cigarettes speeds up your metabolism. Nicotine increases the amount of calories your body uses at rest by about 7% to 15%. Without cigarettes, your body may burn food more slowly.
- Cigarettes reduce appetite. When you quit smoking, you may feel hungrier.
- Smoking is a habit. After you quit, you may crave high-calorie foods to replace cigarettes.

## What you can do

As you get ready to quit smoking, here are some things you can do to keep your weight in check.

- **Get active.** Physical activity helps you burn calories. It can also help you ward off cravings for unhealthy foods or cigarettes. If you already exercise, you may need to exercise for longer or more often to burn the calories nicotine used to help remove.
- **Shop for healthy groceries.** Decide what you will buy before you get to the store. Make a list of healthy foods like fruit, vegetables, and low-fat yogurt that you can indulge in without eating too many calories. Stock up on low-calorie "finger foods" that can keep your hands busy, such as sliced apples, baby carrots, or pre-portioned unsalted nuts.
- **Stock up on sugar-free gum.** It can keep your mouth busy without adding calories or exposing your teeth to sugar.

- **Create healthy eating habits.** Make a healthy meal plan ahead of time so you can combat cravings when they hit. It is easier to say "no" to fried chicken nuggets if you are looking ahead to a roast chicken with vegetables for dinner.
- **Never let yourself get too hungry.** A little hunger is a good thing, but if you are so hungry that you have to eat right away, you are more likely to reach for a **diet-busting** option. Learning to eat foods that fill you up can also help ward off hunger.
- **Sleep well.** If you often do not get enough sleep, you are at greater risk of putting on extra weight.
- **Control your drinking.** Alcohol, sugary sodas, and sweetened juices may go down easy, but they add up, and can lead to weight gain. Try sparkling water with 100% fruit juice or herbal tea instead.

## Why Quitting is Worth it

Giving up a habit takes time to get used to, both physically and emotionally. Take one step at a time. If you do put on some weight but manage to stay off cigarettes, congratulate yourself. There are many **benefits of quitting**.

- Your lungs and heart will be stronger
- Your skin will look younger
- Your teeth will be whiter
- You will have better breath
- Your hair and clothes will smell better
- You will have more money when you are not buying cigarettes
- You will perform better in sports or other physical activities

## When to Call the Doctor

If you have tried to quit smoking and relapsed your health care provider may suggest **nicotine replacement therapy**. Treatments that come in the form of a patch, gum, nasal spray, or inhaler give you small doses of nicotine throughout the day. They can help ease the transition from smoking to going totally smoke free.

If you gain weight after quitting and cannot lose it, you might have better results in an organized program. Ask your provider to recommend a program with a good record that can help you lose weight in a healthy, lasting way.