

Are there any health effects from using e-cigarettes?

- Some e-cigarette brands claim they do not contain nicotine, but when tested, they have been found to contain some levels of nicotine. *(FDA, 2010)*
- Nicotine is the addictive chemical that makes it hard to quit smoking. *(FDA, 2013)*
- Some e-cigarettes have also been found to contain a chemical called diethylene glycol, a toxic chemical used in antifreeze. *(FDA, 2013)*
- Other samples have been found to contain some of the same cancer-causing chemicals that are in regular cigarettes. *(FDA, 2013)*
- At this time, there are some known short-term health effects, but we do not know if there are long-term health effects.
- While the flavorings found in e-cigarettes are safe to consume, inhaling them may be harmful. Some of the flavorings have even been shown to be toxic.
- There is no proof that e-cigarettes are safe for those who smoke or for those who breathe in the vapor. *(FDA, 2013)*
- E-cigarettes are not an approved tool for quitting smoking. *(FDA, 2010)*
- Currently, e-cigarettes are not regulated by the Food and Drug Administration (FDA), so the safety and the purity of the devices are unknown.