



Fact Sheet

E-cigarettes not a safe alternative to smoking

The CDC reports use of e-cigarettes among teens is dramatically increasing, tripling between 2013 and 2014 and now surpassing their use of cigarettes.

E-cigarettes, or electronic nicotine delivery systems, are battery-operated and use a heating element to heat e-liquid from a refillable cartridge which releases a chemical-filled aerosol. According to the American Lung Association there are nearly 500 brands and 7,700 flavors of e-cigarettes on the market, none of them regulated by the FDA.

Because they are not regulated, there is no way to know for sure what toxins are in e-cigarettes, and in what quantities. Tests show almost all e-cigarettes contain some nicotine, and formaldehyde has also been found in the aerosol of some.

While there isn't enough information yet to know the full health impact to individuals and to the community, health care professionals agree that e-cigarettes are not a safe alternative to smoking. They are also not safe for the community. E-cigarettes don't produce smoke, but studies have found formaldehyde, benzene and tobacco-specific nitrosamines (all carcinogens) coming from secondhand emissions. Other studies have shown that chemicals exhaled by users also contain formaldehyde, acetaldehyde and other potential toxins.

The best protection against the harmful effects of nicotine and other toxins is to quit smoking. For free telephone support, call 1-800-QUIT-NOW (1-800-784-8669) or download a free step-by-step guide at www.smokefree.gov.

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