

Get Smart

What are e-Cigarettes?

- E-cigarettes are battery operated devices that heat a liquid vapor allowing users to inhale nicotine from a non-combustible product.
- Several years ago the Food and Drug Administration (FDA) announced that it would regulate e-cigarettes as tobacco products and not as a drug or device, a decision that reflects our current understanding of e-cigarettes intended use.¹ To date, the FDA has not asserted its authority over e-cigarettes and they remain unregulated.

What are the concerns regarding e-cigarette use among youth?

- Tobacco Free Florida is concerned about the rapid increase in e-cigarette use among teens, as well as the possibility that e-cigarettes may be a gateway to nicotine addiction and the use of other tobacco products.
- The alarming increase in e-cigarette use and in their availability has the potential to normalize smoking again.

Are e-cigarettes a safe alternative to smoking?

- There is currently no peer-reviewed independent research in any credible medical or scientific journal to support industry claims about the safety of e-cigarettes, or the potential of e-cigarettes to help smokers quit.
- Preliminary research from the FDA has revealed that some e-cigarettes do contain toxic substances and carcinogens, which are known to cause cancer.²

What safe alternatives exist for smokers who want to quit?

- For smokers looking for effective techniques to quit smoking, the best plan is to talk to your health care provider or seek help from Tobacco Free Florida's 3 Ways to Quit.
- Tobacco Free Florida's quit services can provide you with FREE FDA-approved nicotine replacement therapy (NRT), like the patch and nicotine gum, when medically appropriate. FDA-approved means that these quit aids have gone through clinical trials to prove they are safe and effective.

References

1<http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm252360.htm>

2<http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm173146.htm>

3http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm