

smokestoppers

THE REAL DEAL ABOUT ELECTRONIC CIGARETTES (“E-CIGS”)

- E-cigs are battery-powered devices that provide doses of nicotine and other additives to the user in an aerosol. Known additives include Propylene glycol or glycerol (the aerosol) and flavorings such as fruit, mint or chocolate.
- E-cigs are unregulated by the Food and Drug Administration (or any other government agency.) Due to the lack of regulation, no one knows how much nicotine and other substances are in e-cigs, and manufacturers have not had to provide any scientific evidence to support their various health claims or to comply with public regulations protecting consumers. Few states also regulate e-cigs, allowing gas stations, convenience stores and mall kiosks to legally sell them to children.
- Nicotine is a stimulant drug that induces pleasure/reward feelings when it reaches the brain in less than 10 seconds. A 60mg dose (two drops) is fatal to adults; 10mg can be fatal to a child. The amount of nicotine in e-cigs can climb up to as high as 30 mg inhaled.
- Nicotine is a natural pesticide that accelerates cancer tumor growth, and prevents pre-cancerous cells from dying. It contributes to hardening of the arteries, a risk factor associated with heart disease. Concerns also include nicotine’s negative impact on adolescent brain development.
- Nicotine is more difficult to quit than heroin, cocaine, and alcohol.
- According to 2 published trials studying e-cigs, more than 90% of smokers who used them did not quit smoking. They do not outperform the nicotine patch. There is no conclusive scientific evidence that e-cigs promote long term cessation.
- Quitting is not just about nicotine. It is crucial to also address ingrained behavioral, emotional and social aspects of cigarette addiction. E-cigs cannot be justified as a cessation device due to the unknown health effects and the lack of proven benefit—unlike other cessation aids already on the market.
- The sharp increase in teenage use of e-cigs, with the potential of nicotine addiction to encourage smoking tobacco cigarettes, signals danger ahead for our youth and the country’s health. Nearly 2million middle and high school students tried e-cigs as of 2012. Tobacco companies are reported to see the potential of e-cigs to make smoking once again commonplace and socially acceptable.