E-Cigarette: Know the facts

**E-Cigarette:**

Battery

Vaporizer

Cartridge

Indicator Light

Mouthpiece

**E-Cigarette: Know the facts**

**Quitting combustible cigarettes is the best thing one can do for improved health.**

There are U.S. Food and Drug Administration (FDA) approved medications (e.g., nicotine replacement or varenicline/Chantix), that when used in combination with individual or group counseling, are shown to be the most successful ways to help smokers quit.

What is an e-cigarette?

- E-cigarettes (also known as Electronic Nicotine Delivery Systems, or ENDS) are battery-powered devices that deliver nicotine through a flavored vapor.
- They are made so users can feel like they are inhaling tobacco smoke, without burning tobacco which occurs with a cigarette.
- E-cigarettes are not approved by the FDA as an effective method to help smokers quit. There is no regulation or quality control.¹
- The evidence is insufficient at this time on utilizing e-cigarettes for quitting.²

What do we know about the e-cigarette?

- The amount of nicotine in an e-cigarette varies. U.S. Food and Drug Administration (FDA) testing has shown that nicotine amounts do not always match the labeling.
- It remains unknown if e-cigarettes are safe.
- Levels of carcinogens and toxicants are lower than in combustible cigarettes.³
- Further research is needed to determine health related consequences.

What does this information mean?

- Current evidence is insufficient to recommend use of electronic nicotine delivery systems (e.g., e-cigarettes) for tobacco cessation in adults.⁴
- Medications approved by the FDA (e.g., nicotine replacement or varenicline/Chantix), in combination with individual or group counseling, are shown to be the most successful ways to help smokers quit.

*It is important to talk with a health care provider when considering alternatives to smoking.*

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