

Electronic Smoking Devices



What You Need to Know

1. Vaporizers, electronic cigarettes, vape pens, hookah pens, mods and e-pipes are some of the many types of Electronic Smoking Devices (ESDs).
2. ESDs are battery-operated devices that simulate smoking. They contain cartridges typically filled with nicotine, flavorings, propylene glycol, and other substances.^{1,2}
3. ESD produce an aerosol, not water "vapor", that can contain heavy metals and ultra fine particulates that can be inhaled deep into the lungs.¹
4. In 2016, the Food and Drug Administration (FDA) ruled ESDs as a tobacco product and now has the authority over sales, marketing and manufacturing of these products.

5. Evidence is clear to warn pregnant women, women of reproductive age, and adolescents against the use of nicotine containing products as alternatives to smoking.¹
6. In recent studies, over 75% of ESD users also smoked cigarettes (dual use). ESDs have not been proven as cessation devices.¹
7. There are seven FDA approved medications to help people quit tobacco. ESDs are not a FDA-approved smoking cessation aid.³
8. **Nebraska Tobacco Quitline:**
1-800-QUIT-NOW (1-800-784-8669) is a FREE service to all Nebraskans to help them successfully quit tobacco. **Call today!**

American Lung Association in Nebraska
11225 Davenport St, Suite 101 | Omaha, NE 68154
402-502-4950 | Nebraska@Lung.org | www.Lung.org



LUNG
HELPLINE
& TOBACCO QUITLINE

1-800-LUNGUSA

(1-800-586-4872)

www.Lung.org



1-800-QUIT-NOW

(1-800-784-8669)

www.QuitNow.ne.gov

Resources:

¹Centers for Disease Control and Prevention (CDC)DC Office on Smoking and Health; Electronic Nicotine Delivery Systems: Key Facts. July 2015.

²Vaporizers, E-Cigarettes, and other Electronic Nicotine Delivery Systems (ENDS). Retrieved from U.S. Food and Drug Administration website: <http://www.fda.gov/TobaccoProducts/Labeling/productsIngredientsComponents/ucm456610.htm>

³CDC Office on Smoking and Health; E-Cigarette Information. July 2015.



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