

Nicotine without smoke

Electronic Cigarettes

- ✓ Nicotine
- ✗ No Ashes
- ✗ No Butts
- ✗ No Fire Hazard
- ✗ No Smoke – Just Vapor
- ✗ No Lingering Bad Odor



Nothing is burned, so there are no ashes, no butts to dispose of, no fire hazard, and no blue cloud of second-hand smoke. The vapor dissipates quickly and has no lingering odor.

Health New Zealand has tested the vapor and found that it is “harmless, inhaled or exhaled.”

How effective are they?

The success rate for complete replacement of smoking ranges from 63% to 79% according to two published surveys.

What are the health effects?

In multiple surveys, over 90% of users report that their health has improved since they completely or even partially switched from inhaling smoke to inhaling vapor. The most frequently reported health improvement is in lung function, with coughing and wheezing reduced or eliminated.

Research

Safety Report on the Ruyan® e-cigarette Cartridge and Inhaled Aerosol. Laugesen M, Health New Zealand Ltd.
<http://www.healthnz.co.nz/RuyanCartridgeReport30-Oct-08.pdf>

Technical Review and Analysis of FDA Report: "Evaluation of e-cigarettes." Exponent Health Sciences.
<http://www.casaa.org/files/Exponent%20Response-to-the-FDA-Summary.pdf>

Ben Thomas Group report: No cancer-causing chemicals in NJOY vapor.
http://www.casaa.org/files/Study_TSNAs_in_NJOY_Vapor.pdf

Electronic cigarettes (e-cigarettes) as potential tobacco harm reduction products. Heavner, K. et al. Tobacco Harm Reduction.
<http://tobaccoharmreduction.org/wpapers/011v1.pdf>

Electronic cigarettes: a survey of users. J.F. Etter. BMC Public Health.
<http://www.biomedcentral.com/1471-2458/10/231>

A Clinical Laboratory Model for Evaluating the Acute Effects of Electronic “Cigarettes”. Vansickel AR, et al. Cancer Epidemiology, Bio. & Prevention
<http://www.casaa.org/files/Virginia%20Commonwealth%20University%20Study.pdf>

CASAA Lab Reports Collection:
<http://www.casaa.org/resources/lab.asp>

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CASAA

The Facts about Electronic Cigarettes (E-Cigarettes)



The Consumer Advocates for Smoke-free Alternatives Association

<http://www.casaa.org>

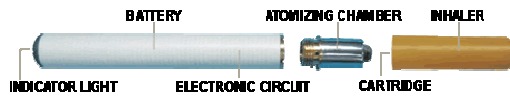


Diagram of an electronic cigarette

What is an e-cigarette?

An electronic cigarette (e-cigarette) consists of a battery; an atomizer; and a cartridge that contains propylene glycol (PG) or vegetable glycerin (VG), water, flavoring, and optional strengths of nicotine. Nicotine does not cause lung disease, heart disease, or cancer. When the user activates the unit, the battery supplies heat to the atomizer, which vaporizes some of the liquid in the cartridge.

Is there more than one type?

Some models resemble a real cigarette. Many are odd shapes and cannot be mistaken for the real thing. Some models have a button that must be depressed when inhaling to activate the vaporization. These models are called "manual." Some models combine the atomizer and cartridge into a single piece, called a "cartomizer."

Are there other names for it?

"Electronic cigarette" is often shortened to e-cigarette or e-cig. Another name for this type of product is Personal Vaporizer (PV).

Are they a smoking cessation product?

No. FDA-approved "smoking cessation" products are intended to be used to treat nicotine addiction. E-cigarettes are intended to be used as a replacement for smoking tobacco cigarettes, not as treatment for a disease.

Are they dangerous?

No. Due to the fact that nothing is burned, e-cigarettes don't deliver the things that cause smoking-related disease and death. Vapor contains no tar, no carbon monoxide, no particulates, and none of the thousands of chemicals that are created by combustion. E-cigarettes have been used world-wide since 2004 with no reports of any serious adverse effects.

What about the FDA's tests?

The FDA's press release of July 2009 left out important information. A day's supply of liquid contains no more nitrosamines ("carcinogens") than FDA-approved nicotine products. (See box at right.) Although the FDA characterized diethylene glycol (DEG) as antifreeze, actually DEG is a chemical used to keep tobacco moist. The quantity detected was well below toxic levels. In short, the FDA did not find harmful quantities of any substance.

Who uses them?

The Tobacco Harm Reduction organization surveyed users and found all were previous smokers, 55% were age 31-50, and 32% were >50 years old. (See links on back panel.)

Why are flavors offered?

Most consumers start out wanting a unit that looks like and vapor that tastes like their brand of cigarette. As they move away from smoking tobacco cigarettes, they begin to find the tobacco flavors distasteful. Over 80% of 2168 survey respondents said they have used non-tobacco flavored liquid, with 51.9% using fruit or candy flavors on a regular basis.

Nanograms of nitrosamines in a one-day supply of products that contain nicotine:

Quantity	Product	Ng.
1 gram	16 mg. e-cigarette liquid	8
1 each	21 mg. nicotine patch	8
10 pieces	4 mg. nicotine gum	20
1 pack	Marlboro full-flavor cigarettes	126,000