



## Consumer Advocates for Smoke-free Alternatives Association

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### Electronic Cigarette FAQs

#### **What is an electronic cigarette?**

A device that uses a small battery and heater to vaporize nicotine liquid for inhalation.

#### **Are electronic cigarettes for quitting smoking?**

Electronic cigarettes are intended as an alternative to smoking tobacco cigarettes. They are not designed to treat nicotine addiction, only provide nicotine in a safer manner. However, many experts agree that switching to electronic cigarettes is almost as good as quitting smoking. Additionally, some people have reportedly used the reduced nicotine levels available to wean themselves off of nicotine altogether and now use 0mg nicotine liquid.

#### **What is in the liquid?**

Most contain propylene glycol (a non-toxic, liquid base), nicotine and food flavoring.

#### **Is it safe?**

While nothing is 100% safe and further testing needs to be done regarding long-term use, based on the fact that it contains only ingredients already shown to be safe for human consumption and research studies show that they do not contain most of the toxins or levels of carcinogens that are found in tobacco cigarettes, we are reasonably certain it is considerably safer than tobacco cigarette smoking.

The American Association of Public Health Physicians (AAPHP) supports the use of electronic cigarettes as a reduced harm tobacco product. The AAPHP released a statement that electronic cigarettes "could save the lives of 4 million of the 8 million current adult American smokers who will otherwise die of a tobacco-related illness over the next 20 years."

#### **Doesn't nicotine cause cancer?**

Nicotine is an addictive stimulant, similar to caffeine and is not shown to cause cancer. Although nicotine use carries other possible health risks, without the tobacco smoke, it is relatively harmless.

#### **Didn't the FDA say electronic cigarettes are dangerous and banned them?**

The FDA tested 18 samples and found that they had trace amounts of cancer-causing nitrosamines. The FDA allows certain levels of nitrosamines in products. Independent testing showed that the levels of nitrosamines were nearly identical to those found in FDA-approved nicotine patches. They also found that one cartridge was contaminated with "about 1% diethylene glycol," however, testing by other labs found no such contamination.

The FDA claims that electronic cigarettes are stop-smoking aids and therefore drugs. A federal judge recently ruled that the FDA is wrong and agrees with the AAPHP that they are a reduced harm tobacco product. The case is pending in appeals court. The AAPHP has petitioned the FDA to retract their statements about electronic cigarettes and allow them to be marketed as reduced harm tobacco products. They have not been banned.

#### **Can I use electronic cigarettes anywhere I want?**

That depends on the laws of your state and the establishment. Some business may not allow you to use the devices in their establishment, as is their right. Some states are trying to not only include electronic cigarettes in indoor smoking bans, but ban them altogether. CASAA is fighting these proposed bans.

Find out more at [www.CASAA.org](http://www.CASAA.org)

CASAA is a non-profit organization of concerned volunteers. Our mission is to ensure the availability of effective, affordable and reduced harm alternatives to smoking by increasing public awareness and education; to encourage the testing and development of products to achieve acceptable safety standards and reasonable regulation; and to promote the benefits of reduced harm alternatives.