

# CAN E-CIGARETTES HELP YOU QUIT SMOKING?

The Food and Drug Administration has not approved e-cigarettes as a tobacco quit aid. At this time, we cannot recommend smokers use e-cigarettes to quit smoking.

Many e-liquids contain nicotine, which is a highly addictive chemical. Nicotine addiction is the fundamental reason people persist in using tobacco, which remains the leading cause of preventable disease and death in the United States.

There are seven FDA-approved cessation aids and medications that are proven safe and effective when used as directed.

**LET US HELP YOU QUIT TODAY!**

Tobacco Free Florida offers free cessation services that can increase your chances of quitting by five times.

These services provide **free FDA-approved nicotine replacement therapy**, if medically appropriate and while supplies last.



**TobaccoFreeFlorida.com**  
**1-877-U-CAN-NOW**  
**1-877-822-6669**

# THINGS TO KNOW ABOUT E-CIGARETTES



# WHAT ARE E-CIGARETTES?

Electronic cigarettes are devices that deliver vapor to the user by heating a liquid. There are many varieties and flavors of “e-liquids,” many of which contain nicotine.

The vapor that e-cigarettes emit is not tobacco smoke, but it is not harmless. Studies have shown that probable cancer-causing chemicals, such as formaldehyde and acetaldehyde, are measurable from some e-cigarette vapor. Bystanders exposed to e-cigarette vapor can also absorb its nicotine.

## E-CIGARETTE PRODUCTS



E-cigarettes range from smaller conventional cigarette lookalikes to more powerful devices that deliver more vapor per inhalation. The e-cigarette product line continues to grow with time – there are more than 460 brands currently on the market, with widely varying chemicals used in e-liquids.

E-liquids come in a variety of flavors and nicotine doses. Though it comes in a small bottle, liquid nicotine can be dangerous. Exposure to liquid nicotine by swallowing or contact with the skin can result in nausea and vomiting, respiratory arrest, seizures or even death.

## USING E-CIGARETTES WHILE SMOKING

Most e-cigarette users - nearly six in 10 - do not quit smoking, but continue to smoke conventional cigarettes, which is called “dual use.”

Dual use is not an effective way to safeguard your health. Even people who smoke fewer than five cigarettes a day may show signs of early heart disease.

## E-CIGARETTE USE INCREASING

The number of Americans using e-cigarettes is increasing dramatically each year. Between 2010 and 2013, the percentage of cigarette smokers who have used an e-cigarette **increased from 9.8 percent to 36.5 percent**. Though current cigarette smokers and recent former smokers are more likely to use e-cigarettes than adults who have never smoked, non-smokers are still trying e-cigarettes.

The number of young adults (ages 13-24) trying e-cigarettes is especially alarming, particularly because there is evidence that adolescents who use e-cigarettes are more likely to start smoking cigarettes. In Florida, the number of high school students who were current e-cigarette users **tripled from 5.4 percent in 2013 to 15.8 percent in 2015**.

Further, because the adolescent brain is still developing, nicotine use during adolescence can affect teens' susceptibility to addiction.

