



**YOU CAN QUIT.
WE CAN HELP.**

The Truth Behind E-CIGARETTES

THE VERMONT DEPARTMENT OF HEALTH ADVISES AGAINST THE USE OF E-CIGARETTES.

The Health Department recommends that tobacco users who are trying to quit utilize proven cessation tools, including free nicotine replacement therapy, in combination with individual, group or phone cessation counseling. E-cigarettes have not been approved by the FDA as a smoking cessation device.

- **Recent studies suggest that e-cigarettes may impact respiratory and heart health for users and those exposed secondhand.¹**
- **Aerosol from e-cigarettes is not as safe as clean air and may contain harmful toxins and psychoactive substances.²**
- **As a nicotine delivery device, e-cigarettes have a similar effect on the brain as cigarettes and other tobacco products, posing the same risk of addiction to nicotine and other drugs.³**

E-cigarettes, sometimes called vape-pens or e-hookahs, are battery-powered devices that produce an inhalable aerosol from a heated liquid. Available in thousands of flavors — from candy to fruit — some devices can be refilled and recharged, while others are inexpensive and disposable, appealing to youth.

Without federal oversight of e-cigarettes, the concentration of nicotine, toxicity of ingredients and the devices themselves vary. Nicotine exposure can cause increases in heart rate and blood pressure; poisoning can also occur if nicotine is ingested or absorbed in the skin.

Many companies are now restricting the use of e-cigarettes as part of their healthy workplace policies.

802Quits, a program of the Vermont Department of Health, provides free resources to quit tobacco and e-cigarettes, including nicotine replacement therapy, phone, online and in-person counseling.

802Quits.org
1-800-QUIT-NOW

4 times as many U.S. adults smoke cigarettes with e-cigarettes than using cigarettes alone.

The Vermont Department of Health is working with community partners to restrict youth access to e-cigarettes across Vermont. In 2014, the Vermont legislature made school grounds, school events and child care centers tobacco and tobacco substitute free.

1. Pisinger C, Dossing M. "A systematic review of health effects of electronic cigarettes." *Preventive Medicine*, 2014; 248-260.
2. American Industrial Hygiene Association. "White Paper: Electronic Cigarettes in the Indoor Environment." October 2014.
3. Kandel E, Kandel D. "A Molecular Basis for Nicotine as a Gateway Drug." *New England Journal of Medicine*, September 2014.