

# NICOTINE

Here are some associated  
**RISKS of NICOTINE** use:

- ⇒ *Artery constriction, which makes blood pump harder to the heart.*
- ⇒ *Acceleration of coronary artery disease*
- ⇒ *Cardiac ischemic events*
- ⇒ *Hypertension*
- ⇒ *Stroke*
- ⇒ *Peptic ulcer disease*
- ⇒ *Esophageal reflux*
- ⇒ *Slow speed of body healing process*
- ⇒ *High cholesterol*

# PROVEN-SAFE WAYS TO QUIT For Life

However, there are proven cessation strategies and treatments, including counseling and FDA-approved cessation medications like; nicotine gum, patches, inhalers, and sprays.  
Get help today.  
Call 1-800-784-8669



**1-800-QUIT NOW**  
Indiana's Tobacco Quitline  
1-800-784-8669

Sources: Americans for Nonsmokers' Right ; Electronic (e-) Cigarettes and Secondhand Aerosol, February 2014; <sup>1</sup> Goniewicz, M.L.; Knysak, J.Gawron, M.; Kosmider, L.; Sobczak, A.; Kurek, J.; Prokopowicz, A.; Jablonska-Czapla, M.; Rosik-Dulewska, C.; Havel, C.; Jacob, P.; Benowitz, N., "Levels of selected carcinogens and toxicants in vapour from electronic cigarettes." Tobacco Control [Epub ahead of print], March 6, 2013. <sup>2</sup>Fuoco, F.C; Buonanno, G.; Stabile, L.L Vigo, P., "Influential parameters on particle concentration and size distribution in the mainstream of e-cigarettes," Environmental Pollution 184: 523-529, January 2014., [www.cdc.gov/media/releases/2013/p0905-e-cigarette-use.html](http://www.cdc.gov/media/releases/2013/p0905-e-cigarette-use.html)

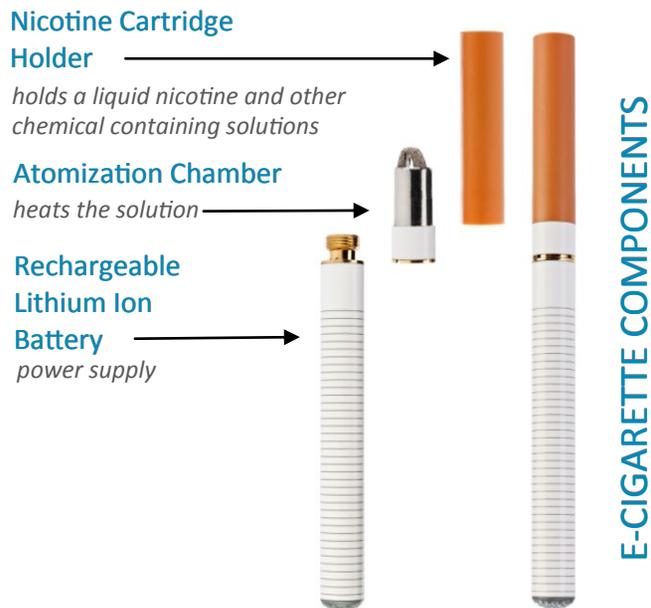


# DON'T SWITCH QUIT

**WHAT YOU SHOULD KNOW  
ABOUT E-CIGARETTES**

# E-CIGARETTES... WHAT ARE THEY?

Electronic cigarettes are smoking devices that have been commercially available since 2004. The idea is to simulate the sensation of smoking. They come in many shapes and sizes mimicking other smoking instruments like pipes, cigars, and of course, cigarettes. If you are considering or already using electronic cigarettes, please consider the information contained in this brochure.



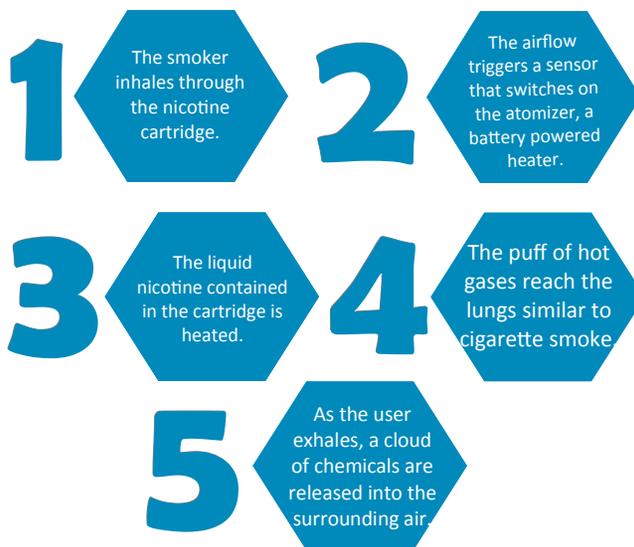
# WHAT WE KNOW ABOUT THEM

E-cigarettes give off toxic and cancer-causing chemicals which can endanger not only the user but also bystanders through a process similar to passive smoking called passive vaping. Cartridges come in a variety of flavors, many that may be appealing to youth. The amount of nicotine varies based on cartridge brand and strength, but is generally 6-18 mg nicotine per cartridge, equal to about ½ of a pack to 1 ½ packs of cigarettes. A 1 oz refill bottle of e-cigarette solution may contain 500 mg or more of nicotine which creates a risk of overdosing or poisoning. The lethal dose of nicotine is 30-60 mg for adults and as little as 10 mg for children. Solutions come in a small bottle, often fruit-flavored and without a child safety cap. Although some e-cigarettes have been marketed as smoking cessation aids, there is no conclusive scientific evidence that e-cigarettes promote successful long-term quitting. E-cigarettes have not been approved by the FDA as smoking cessation devices.

# MORE THAN VAPOR

The e-cigarette aerosol is incorrectly called vapor by the industry. E-cigarettes are being promoted as a less dangerous alternative to cigarettes or smoking cessation aid, however e-cigarettes have not been approved as safe by the U.S. Food and Drug Administration (FDA). This means that the products are not federally regulated. However, the FDA has warned the public that e-cigarettes contain various toxic and carcinogenic (*cancer causing*) chemicals.

## HOW DO THEY WORK?



# YES. THEY CONTAIN NICOTINE.