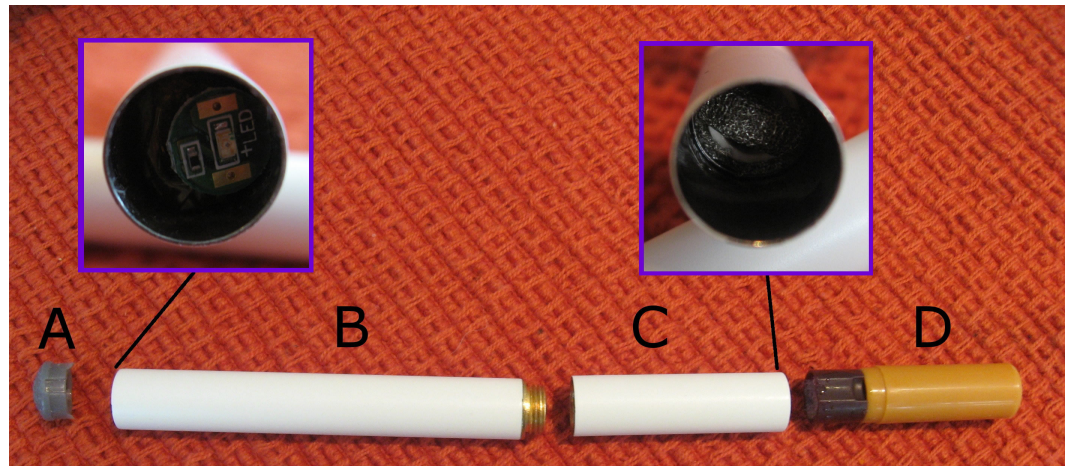


E-Cigarettes: What We Know

The electronic cigarette, also called an e-cigarette, is a relatively new nicotine delivery product on the market. Although the product doesn't contain tobacco, it does contain nicotine from other plants, such as eggplant. As you can see in this photo, they are designed to look like a conventional cigarette.



A: Plastic LED cover
B: Lithium Ion battery
C: Nebulizer unit
D: Nicotine cartridge

How do e-cigarettes work?

A typical e-cigarette consists of a battery, a heating element and a cartridge containing nicotine, propylene glycol and water. The levels of nicotine in the cartridges vary. Some e-cigarettes also contain flavorings. The heating element vaporizes the nicotine solution, creating a mist that is inhaled into the lungs. There is no side-stream tobacco smoke but some nicotine vapor is released into the air as the smoker exhales. Nicotine delivered to the lungs gets to the brain very quickly, making e-cigarettes an effective electronic nicotine delivery system.

Is there proof that e-cigarettes are safe?

E-cigarettes have not been scientifically evaluated by the U.S. Food and Drug Administration (FDA). The courts have determined that FDA can regulate them as tobacco products. Except for the limited testing FDA has performed, not much is known about the levels of nicotine or the amounts or kinds of other chemicals that these products deliver to the user. **The FDA has not approved them as being safe.**

The nicotine solutions for e-cigarettes are offered in different strengths and vary by company, each with their own concentration methods. Solutions are very concentrated and can contain 500 to more than 1,000 mg of nicotine in one 30 ml (about one ounce) bottle. This creates a risk of overdosing or poisoning. The lethal dose of nicotine for adults is 30-60mg if swallowed and for children it's just 10mg.

The U.S. Department of Transportation has stated that the use of smokeless electronic cigarettes on airplanes is prohibited and plans to issue an official ban in the spring of 2011.

Can e-cigarettes help people quit smoking traditional cigarettes?

Manufacturers are not permitted by the FDA to make claims that their products can be used as smoking cessation aids. No formal research has been done to support this claim.

E-cigarettes contain nicotine. What do we know about nicotine?

- Nicotine is a highly addictive drug. Research suggests that it's even more addictive than cocaine or heroin.
- Nicotine raises blood pressure and cholesterol, increasing the likelihood of a heart attack or stroke.
- Exposure to high doses of nicotine can be fatal for adults; the lethal dose for children is just 10mg.

What's the legal status of e-cigarettes now?

- U.S. Court of Appeals, Washington D.C. District, said in its December 7, 2010 ruling that the Federal Food, Drug and Cosmetic Act does not give the FDA authority to regulate e-cigarettes under the same rules as the nicotine gum or patch.
- The ruling prevents the FDA from requiring e-cigarette manufacturers to conduct stringent clinical trials to prove the product's safety and effectiveness as an aid to quit smoking. The court said that the FDA did have the authority to regulate e-cigarettes as tobacco products.

For more information:

FDA Electronic Cigarettes web page: <http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm172906.htm>

There isn't any proof that e-cigarettes are safe.

E-cigarettes contain nicotine, a highly addictive substance.

Don't believe ads that claim e-cigarettes are a "healthy alternative to smoking."

Other than a few personal stories, there isn't enough proof that e-cigarettes can help smokers quit.