

E-cigarettes

ARE THEY SAFE?

Electronic cigarettes are also called e-cigarettes, e-cigs, JUULs (**joo-uh lz**), or vape pens. They may look like cigarettes, but they also can look like pens or USB memory sticks. Users inhale an aerosol of liquid nicotine that comes in many flavors. These flavorings may be toxic when inhaled.

E-cigarettes are not safe for kids and teens.

Using nicotine before age 25 can damage the parts of the brain that control attention, learning, mood and impulse control. JUUL, a brand popular with teens, has pods with as much nicotine as a pack of cigarettes.

E-cigarettes have not been proven as a safe alternative to smoking.

The aerosol produced by e-cigarettes has the same harmful toxins found in glue and paint, even if the liquid is labeled as nicotine-free. It is not just water vapor. They also can cause issues similar to cigarette smoking such as coughing, chest pain and a raised heart rate.



E-cigarettes are not proven to be a safe and effective way to help smokers quit.

The best way to quit smoking is with a program that includes a combination of medications, nicotine replacement like patches or gum, and counseling.



OTHER DANGEROUS nicotine products



Menthol cigarettes

Menthol is a flavoring that cools and soothes the throat. It can mask the harsh taste of burning tobacco, and make it easier to smoke more.

Dangers: lung cancer, acute myeloid leukemia and cancers of the liver, colon, rectum, oral cavity and throat, esophagus, larynx, stomach, pancreas, bladder, kidney and cervix



Flavored cigars

Flavored cigars come in flavors like cherry and vanilla. They are typically available at convenience stores and gas stations for a very low price.

Dangers: cancers of the oral cavity, larynx, esophagus and lung



Hookahs

Hookahs are water pipes that create flavored tobacco smoke. Most people use hookahs at bars and cafes to socialize.

Dangers: Users may inhale more smoke than cigarette smokers because hookah sessions often last an hour or more. That means more exposure to nicotine and cancer-causing chemicals.

Smokeless tobacco

Snuff and snus are smokeless tobacco that come in small pouches. Chewing tobacco comes shredded, twisted or bricked. Users put these products between their cheek and gum. They can be a discreet way for kids to use tobacco.

Dangers: cancers of the mouth, throat, esophagus, stomach and pancreas

