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## Electronic Cigarettes

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### What are electronic cigarettes?

Electronic cigarettes also are called e-cigs or ENDS (electronic nicotine delivery system). E-cigs are made up of a mouthpiece, cartridge, battery and vaporizer. They turn chemicals into a vapor for users to inhale. These chemicals often contain nicotine, which is highly addictive. Using e-cigs is sometimes called “vaping.”

### Are e-cigs a “gateway” to using tobacco products?

E-cig companies target kids and teens. A common concern is that young people who use e-cigs can get addicted to nicotine and go on to try tobacco products.

- Several celebrities use and promote e-cigs. E-cigs ads also have appeared on cable TV and online. E-cig companies have sponsored events as well. (Legacy, 2014)
- E-cigarettes come in kid-friendly flavors like gummy bear, atomic fireball candy, and cookies and cream. (Christensen, 2014)
- E-cig use among middle and high school students more than doubled between 2011 and 2012, going from 3.1 percent to 6.5 percent.

### Are e-cigs a good option to smoking?

No. It has long been known that traditional cigarettes contain cancer-causing agents. However, e-cigs are not regulated by the Food and Drug Administration (FDA) at this time.

That means companies can put whatever they want into their e-cigs. They do not need to list the ingredients or follow consistent manufacturing processes. Thus, we do not know what harmful agents may be in these products—and in what amount.

### How do I quit using tobacco?

The best way to quit using tobacco is to try an FDA-approved NRT (nicotine replacement therapy). Lozenges, gum, patches and some drugs have been researched thoroughly on their short- and long-term effects. Using an FDA-approved NRT will help you succeed in quitting.

### Resources

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