

# E-cigarettes



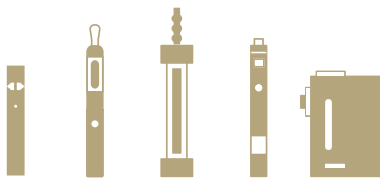
## Health Bulletin

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# E-cigarettes

- E-cigarettes are devices that heat liquid into aerosol (mist). When people use e-cigarettes (also called vaping), they inhale this aerosol.



**Not all e-cigarettes look the same**

- E-cigarette liquids (e-liquids) do not contain tobacco, but almost always contain flavorings and nicotine, which is addictive.
- The U.S. Food and Drug Administration (FDA) does not closely monitor or test e-cigarette ingredients, so chemicals in e-liquids can differ greatly.
- In New York City it is illegal to use e-cigarettes wherever smoking is not allowed, including at City parks and beaches.

## E-cigarettes and Youth

- The popularity of e-cigarettes among youth is alarming. E-cigarette companies often market and appeal to youth by using candy and fruit flavors.
- Youth who use e-cigarettes are more likely to try cigarettes later.
- E-cigarettes almost always contain nicotine, which can negatively affect a teenager's memory and concentration, and may decrease learning ability.
- If you are a parent, talk to your children about the risks of using e-cigarettes. Encourage an open, ongoing conversation.



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**One pod (or refill) of e-liquid can contain as much nicotine as a whole pack of cigarettes. E-cigarettes can also be used with cannabis.**

# Health Risks



- We do not know the long-term effects of using e-cigarettes, but the aerosol from heated e-liquids can contain harmful chemicals, such as:
  - Formaldehyde and benzene, which can cause cancer
  - Diacetyl from flavoring, which is linked to lung disease
  - Heavy metals, such as nickel, tin and lead
- Other people nearby can breathe in these chemicals in the air.
- Defective e-cigarette batteries can cause fires and explosions, which have led to serious injuries and even death.

# Quit Smoking

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E-cigarettes are not approved by the FDA to help people quit smoking.



If you smoke cigarettes and want to quit, the Health Department recommends using FDA-approved medications, which can double your chances of success.



Most health insurance plans, including Medicaid, cover treatment to help you quit smoking.



For medications, tips and resources, visit **[nyc.gov/nycquits](https://nyc.gov/nycquits)**. You can also find resources to help cope with nicotine withdrawal.

# Resources

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