



Electronic Cigarettes and Your Health

Electronic cigarettes (e-cigarettes or e-cigs) are new nicotine-delivery products gaining popularity in Alaska and the U.S. The health effects of e-cigarettes and their safety are not yet known. E-cigarettes are marketed as being less harmful than traditional cigarettes despite the lack of information to prove these claims.

What Are E-cigarettes?

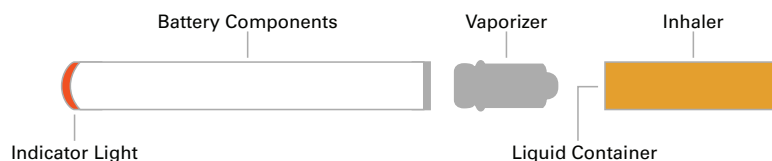
- E-cigarettes are battery-operated devices that deliver nicotine, flavor additives and other chemicals through a vapor that is inhaled by the user.
- They are designed to look like cigarettes in shape, size and appearance and provide a flavor and physical feeling similar to that of a traditional cigarette.

Are E-cigarettes Safe?

- The safety of e-cigarettes has not been fully studied, and additional research is needed to determine what ingredients they contain and the health effects they have on users.
- Makers of e-cigarettes do not have to disclose ingredients or safety concerns, and many provide lacking and/or partly wrong information about the contents of their products.
- Users have no way of knowing how much nicotine or other potentially harmful chemicals are being inhaled or exhaled.
- They contain a number of flaws, including leaky cartridges and the possibility of unintended nicotine overdose.

Will Using E-cigarettes Help Me Quit Smoking?

- E-cigarettes contain nicotine, like other tobacco products, meaning they could prolong nicotine addiction and dependency.
- The U.S. Food and Drug Administration (FDA) has not approved the use of e-cigarettes as a quit aid.
- There is no substantial proof that shows e-cigarettes help people quit smoking despite marketing claims made by e-cigarette makers.



Tips to Help You Quit

Why Should I Quit?

- Quitting tobacco is the number one thing you can do to improve your health.
- The amount of nicotine and other chemicals found in e-cigarettes are unknown, and therefore so are the health effects.
- Chemicals may be harmful to health when inhaled repeatedly over an extended period of time.
- Using e-cigarettes as a quit aid may prolong your nicotine addition.

How Do I Quit?

- Alaska's Tobacco Quit Line is FREE for all Alaska adults.
- Call 1-800-QUIT-NOW (1-800-784-8669) 24 hours a day, 7 days a week.
- Quit line services include phone-coaching sessions and free nicotine replacement therapy.
- Get support from friends and family. Ask Alaska's Tobacco Quit Line to send you the *Ally Guide*.
- Contact your healthcare provider to find the help you need to quit.
- Keep trying to quit! Most tobacco users make several quit attempts before staying quit for good.
- The Mayo Clinic recommends use of nicotine inhalers as a safe option over e-cigarettes.

“ I would like to thank Alaska's Tobacco Quit Line for all its help. It has given me a lot of incentive and encouragement. **”**

— Alaska's Tobacco Quit Line
Caller



ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

For more information, visit alaskaquitline.com