

## Electronic Smoking Devices



## What You Need to Know

1. Vaporizers, electronic cigarettes, vape pens, hookah pens, mods, and e-pipes are some of the many types of Electronic Smoking Devices (ESD).
2. ESD are battery-operated devices that simulate smoking. They contain cartridges typically filled with nicotine, flavorings, propylene glycol, and other substances.<sup>1,2</sup>
3. ESD produce an aerosol, not water “vapor”, that can contain heavy metals and ultrafine particulates that can be inhaled deep into the lungs.<sup>1</sup>
4. In 2016, the Food and Drug Administration (FDA) ruled ESD as a tobacco product and now has the authority over the sales, marketing, and manufacturing of these products.

5. Evidence is clear to warn pregnant women, women of reproductive age, and adolescents against the use of nicotine containing products as alternatives to smoking.<sup>1</sup>
6. In recent studies, over 75% of ESD users also smoked cigarettes (dual use). ESD have not been proven as cessation devices.<sup>1</sup>
7. There are seven FDA approved medications to help people quit tobacco. ESD are not a FDA-approved smoking cessation aid.<sup>3</sup>
8. **Nebraska Tobacco Quitline:**  
**1-800-QUIT-NOW** (1-800-784-8669) is a FREE service to all Nebraskans to help them successfully quit tobacco.  
***Call today!***



11225 Davenport St, Ste 101 | Omaha, NE 68154  
Lung HelpLine 1-800-LUNGUSA | Lung.org

**[QuitNow.net/Nebraska](http://QuitNow.net/Nebraska)**

## Resources

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<sup>1</sup>CDC Office on Smoking and Health; Electronic Nicotine Delivery Systems: Key Facts. July 2015.

<sup>2</sup>Vaporizers, E-Cigarettes, and other Electronic Nicotine Delivery Systems (ENDS). Retrieved from U.S. Food and Drug Administration website: <http://www.fda.gov/TobaccoProducts/Labeling/ProductsIngredientsComponents/ucm456610.htm>

<sup>3</sup>CDC Office on Smoking and Health; E-Cigarette Information. July 2015.