

WHAT IS AN **E-CIGARETTE?**



SMOKE IS THE PRIMARY CAUSE OF SMOKING RELATED DISEASES



E-CIGARETTES DO NOT BURN, THEY HEAT AN E-LIQUID TO PRODUCE AN AEROSOL



SMOKE-FREE ALTERNATIVES, WHILE NOT RISK FREE, CAN BE A BETTER CHOICE FOR ADULT SMOKERS THAN CONTINUED SMOKING.

E-cigarettes, a handheld battery-powered vaporizer, are one of several smoke-free alternatives to continued smoking. They don't create smoke because they don't burn tobacco. They heat an e-liquid to produce an aerosol, or what people usually call a vapor—hence the term “vaping”.

By eliminating the burning—as is the case with smoke-free products such as e-cigarettes—the levels of harmful chemicals generated can be significantly reduced. Of course, this needs to be scientifically assessed on a product-by-product basis.

Not all e-cigarettes contain nicotine, but the vast majority do. Nicotine is addictive and not risk free, however it is not the primary cause of smoking-related diseases. Nicotine-containing products should not be used during pregnancy or while breastfeeding, should not be used by people who have or are at risk of heart disease, are diabetic, are epileptic, or are experiencing seizures, and should not be used by minors.