

E-cigarettes

What are E-cigarettes?¹

E-cigarettes are electronic devices that heat e-liquid.

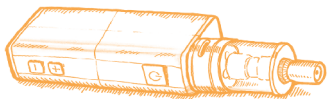
- » E-liquid often contains nicotine.
- » When heated, e-liquid turns into an aerosol (not just a vapor) that users breathe in.



Ciga-likes



Personal Vaporizers



Mods

Types^{1,2}

Ciga-likes

- Same size, weight, and look as cigarettes
- Some are thrown away when e-liquid is used up
- Others can be refilled and used again

Personal Vaporizers

- Same size and shape as a large pen
- Has a tank that can be refilled with e-liquid
- User can change the tank and battery to get more nicotine or bigger puffs

Mods

- Come in many shapes and sizes
- Can be made from things like soda cans or breath mint tins
- Users can change the mouthpiece or battery to make it more personal

More about E-cigarettes^{2,3,4}

- E-liquid often has:
 - » Nicotine
 - » Propylene glycol, often used in food and meds
 - » Vegetable glycerin, often used in food and make-up
 - » Flavorings
 - » Water
- Nicotine in e-liquid gets in the body through the mouth and throat. This can cause:
 - » Heart rate and blood pressure to go up
 - » Blood vessels to get narrow
- E-cigarettes are not approved as a quit aid by the FDA
 - » They are also not a part of the U.S. Public Health Services Clinical Practice Guideline for treating tobacco use and dependence.

If you or someone you know wants to quit, check out the tips on the back!

**Call for FREE help to quit vaping!
1-800-NO-BUTTS**

¹ US Food and Drug Administration (2017). Vaporizers, E-Cigarettes, and other ENDS.

² NIH (2018). Electronic Cigarettes (E-cigarettes).

³ GoSmokeFree (2018). Propylene Glycol (PG) vs Vegetable Glycerin (VG) E Liquid.

⁴ Livestrong.Com.(2017). The Effects of Nicotine on the Body.

Quitting E-cigarettes

5 Tips to Help You Quit

1. **Find your reason:** Why do you want to quit?

- Write down your main reasons
- Remind yourself often why you want to quit

2. **Know your triggers:** What makes you want to use e-cigarettes?

- Write down the times when you like to use
- Some common triggers are when you drink alcohol, feel stressed, hang out with others who are vaping, or feel bored

3. **Make a plan to deal with triggers:** What can you do instead?

- Change your ways – do other things like take deep breaths, chew on a straw, drink water, and avoid places where you use
- Change your thoughts – think about why you want to quit, tell yourself that vaping is not an option, and give yourself credit for quitting

4. **Set a quit date:** What day might work best for you?

- Choose a day that is more or less stress-free
- Mark the date and commit to quit
- Give it a try

5. **Keep trying:** What if you don't make it this time?

- It can take many tries to quit for good
- You never know which time will stick – if you keep trying you WILL do it!

FREE Help

Call **1-800-NO-BUTTS** for FREE help to quit!