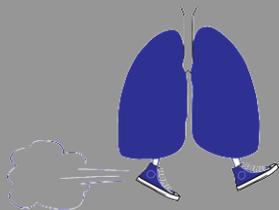


ELECTRONIC NICOTINE DELIVERY SYSTEMS:

- ELECTRONIC CIGARETTES
- HOOKAH PENS
- VAPE PENS



**For FREE HELP to
quit tobacco or
ENDS, call
1-866-NEW-LUNG
(1-866-639-5864)**



Types of Cessation Services:

- Individual Counseling
- Seminars
- 5 Session Classes



What are electronic nicotine delivery systems (ENDS), also known as e-cigarettes, hookah pens, & vape pens?

- ENDS are battery-operated devices that contain nicotine, flavors and other chemicals.
- They allow users to mimic the ritual of smoking a cigarette while inhaling nicotine.
- Instead of smoke, they give off a vapor that comes from heating a liquid.
- The Food and Drug Administration (FDA) has not approved ENDS as a quit smoking device.

What is the percentage of people using ENDS?

- ENDS use among middle and high school students, from 4.7% in 2011 to 10% in 2012.
- 76.3% of youth who used ENDS within the past 30 days also smoked regular cigarettes in the same period.

What is the legal status of ENDS?

- There are no Federal (U.S.) laws that regulate ENDS, but the U.S. Food and Drug Administration (FDA) proposed regulations in 2014.
- California is one of the states that prohibits the sale or furnishing of ENDS to minors.

What are the health risks of ENDS?

- There are some known short-term health effects from using ENDS, but not enough information is known about the long-term health risks.
- ENDS contain varying levels of nicotine.
- Some ENDS cartridges have been found to contain nitrosamines (which can cause cancer), as well as other toxic chemicals, including diethylene glycol, which is found in anti-freeze.
- The FDA suggests that people seeking to quit smoking use FDA-approved smoking cessation aids, including nicotine gum and nicotine patches.
- There is not enough information that supports using ENDS to quit smoking.
- Many ENDS also come in a rainbow of colors and sweet candy flavors, such as chocolate and strawberry, which may be attractive to young people
- The FDA, the Centers for Disease Control and Prevention, and the American Academy of Pediatrics have all voiced their concerns that ENDS could lead to an increase in nicotine addiction and youth tobacco use.

Source:

Morbidity and Mortality Weekly Report, Centers for Disease Control and Prevention, 2013