

# Activity 9: Electronic Cigarettes

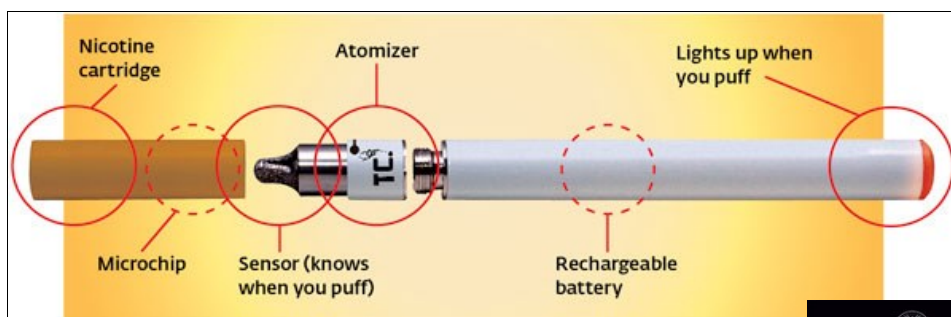
## Electronic Cigarettes (E-cigs)

Electronic cigarettes or “e-cigarettes” are battery-operated devices that contain nicotine-filled cartridges. The vapor is inhaled as a mist that contains flavorings and various levels of nicotine and other toxic substances.<sup>1</sup> Discuss how electronic cigarettes are not a safe alternative to traditional cigarettes.

This product is marketed to young people and can be purchased online and in shopping malls. One analysis of the cartridges found diethylene glycol, which is used as an antifreeze and is toxic to humans.<sup>1</sup>

Manufacturers of e-cigarettes claim their product is a safe alternative, but analysis of two products by the Food and Drug Administration (FDA) found variable amounts of nicotine and trace amount of toxic substances.<sup>2</sup>

E-cigarettes are not regulated and are easy to purchase online, even though an individual must be 18 to buy them.



### Sources

1. American Cancer Society. What about electronic cigarettes? Aren't they safe? 08 July 2013. Web. 29 July 2013. <http://www.cancer.org/cancer/cancercauses/tobaccocancer/questionsaboutsmokingtobaccoandhealth/questions-about-smoking-tobacco-and-health-e-cigarettes>.
2. Mayo Clinic. Quit Smoking. 01 December 2011. Web 29 July 2013. <http://www.mayoclinic.com/health/electronic-cigarettes/AN02025>.