

# THE TRUTH BEHIND E-CIGARETTES



*The Vermont Department of Health cautions against the use of e-cigarettes.*

The Health Department recommends that tobacco users who are trying to quit utilize proven cessation tools, including free nicotine replacement therapy, in combination with individual, group or phone cessation counseling. E-cigarettes have not been approved by the FDA as a smoking cessation device.

- **Recent studies suggest that e-cigarettes may impact respiratory and heart health for users and those exposed secondhand.<sup>1</sup>**
- **Aerosol from e-cigarettes is not as safe as clean air and may contain harmful toxins and psychoactive substances.<sup>2</sup>**
- **As a nicotine delivery device, e-cigarettes have a similar effect on the brain as cigarettes and other tobacco products, posing the same risk of addiction to nicotine and other drugs.<sup>3</sup>**

E-cigarettes, sometimes called vape-pens or e-hookahs, are battery-powered devices that produce an inhalable aerosol from a heated liquid. Available in thousands of flavors – from candy to fruit – some devices can be refilled and recharged, while others are inexpensive and disposable, appealing to youth.

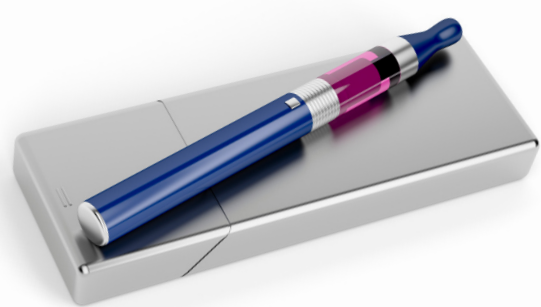
Without federal oversight of e-cigarettes, the concentration of nicotine, toxicity of ingredients and the devices themselves vary. Nicotine exposure can cause increases in heart rate and blood pressure; poisoning can also occur if nicotine is ingested or absorbed in the skin.

Many companies are now restricting the use of e-cigarettes as part of their healthy workplace policies.

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## WHAT CAN EMPLOYERS DO?

802Quits, a program of the Vermont Department of Health, provides free resources to quit tobacco and e-cigarettes, including nicotine replacement therapy, and phone, online and in-person counselling.



[www.802quits.org](http://www.802quits.org)  
**1-800-QUIT-NOW**

Include e-cigarettes in your tobacco-free or smoke-free policies. A uniform policy that includes all forms of tobacco and tobacco substitutes sends a strong health message and protects employees. Contact us for help creating a healthy workplace,

[tobaccovt@state.vt.us](mailto:tobaccovt@state.vt.us)

 **VERMONT**  
**DEPARTMENT OF HEALTH**

1. Pisinger C, Døssing M. "A systematic review of health effects of electronic cigarettes." *Preventive Medicine*. 2014; 248-260.  
2. American Industrial Hygiene Association: "White Paper: Electronic Cigarettes in the Indoor Environment." October 2014.  
3. Kandel E, Kandel D. "A Molecular Basis for Nicotine as a Gateway Drug." *New England Journal of Medicine*. September 2014.