

Myth: E-cigarettes produce a harmless water vapor. There's no secondhand vapor.

Reality: E-cigarettes do produce a vapor that has nicotine, harmful chemicals, and toxins known to cause cancer (among other things). These chemicals and toxins include things like Formaldehyde, Lead, and Nickel.^{1,2}

Myth: E-cigarettes can help people quit tobacco.

Reality: E-cigarettes are NOT approved by the U.S. FDA to help people quit tobacco.³ You may know someone who has stopped using tobacco and switched to e-cigarettes, but switching isn't quitting. Scientific studies are mixed on if e-cigarettes help people quit using tobacco and nicotine.

Myth: E-cigarettes are safe and don't have any toxins.

Reality: E-cigarettes are NOT a risk-free product. They still deliver nicotine and low levels of toxins and chemicals, many of the same chemicals found in tobacco products.^{4,5} E-cigarettes are not regulated so you never know what you're inhaling.

Myth: E-cigarettes aren't addictive.

Reality: Nicotine is a poison and a highly addictive drug.⁶ Nicotine is one of the main ingredients in e-cigarettes and tobacco products.

Myth: Big Tobacco is not involved in making e-cigarettes.

Reality: All major tobacco companies now make e-cigarettes. In less than 10 years, Big Tobacco will sell the majority of e-cigarettes in the U.S.⁷

**Quit today, call
1-800-NO-BUTTS
for help.**

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3. U.S. Food and Drug Administration. (2014). Public Health Focus: Electronic Cigarettes. Retrieved from <http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm172906.htm>.
4. Williams, M., Villarreal, A., Bozhilov, K., Lin, S., & Talbot, P. (2013). Metal and silicate particles including nanoparticles are present in electronic cigarette cartomizer fluid and aerosol. *PLoS ONE*, 8(3): e57987.
5. Schripp, T., Markewitz, D., Uhde, E., & Salthammer, T. (2013). Does e-cigarette consumption cause passive vaping? *Indoor Air*, 23(1):25-31.
6. National Institute on Drug Abuse. (2012). Is Nicotine Addictive? Retrieved from <http://www.drugabuse.gov/publications/research-reports/tobacco/nicotine-addictive>.
7. Craver, R. (2013, September 15). Analyst projection: E-cigs will overtake traditional tobacco revenue at Reynolds in 2021. *Winston-Salem Journal*.

Vapes

MYTHS AND REALITIES

