

Quitting E-cigarettes

E-cigarettes are electronic, handheld devices that heat e-liquid. E-liquid contains nicotine and other compounds. When heated, e-liquid turns into an aerosol (vapor) that users inhale.¹

Types¹



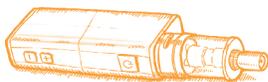
Ciga-likes

Disposable and refillable devices similar to regular cigarettes in size, weight, and how they look



Personal vaporizers

Refillable devices with tanks and batteries of different sizes that allow users more control over nicotine levels and puff volume



Mods

Devices that can be altered, like switching out the mouthpiece or battery, or devices made from things like soda cans or breath mint tins

What's in e-cigarettes?¹

- E-cigarettes do not use tobacco; they use small cartridges or refillable tanks of e-liquid
- E-liquid often contains nicotine, flavoring, and other things like propylene glycol and vegetable glycerin

How do e-cigarettes work?²

- Users puff on the device
- A sensor detects the puff and sends a signal to the battery
- The battery turns on a mini-heater which heats the e-liquid
- An aerosol is created, which is inhaled and then exhaled
- The exhaled aerosol looks similar to tobacco smoke
- Nicotine is absorbed mostly through the lining of the mouth and throat

Are e-cigarettes approved as a quitting aid?³

E-cigarettes are not currently approved by the US Food and Drug Administration (FDA) or included in the U.S. Public Health Services Clinical Practice Guideline for treating tobacco use and dependence

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Quitting E-cigarettes

There are lots of reasons why people may want to quit using e-cigarettes:

- Feeling addicted to nicotine
- Feeling pressure from family or friends to quit
- The cost of e-cigarettes
- Effects of nicotine on the body:⁴
 - Increase in heart rate
 - Increase in blood pressure
 - Narrowing of blood vessels
 - Increased risk for heart attack or stroke

5 Tips to Help You Quit

1. Find your motivation: Why do you want to quit e-cigarettes?

- Write down your main reasons.
- Remind yourself why you are quitting.

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

- Write down the times when you really like vaping.
- Triggers include driving, being bored, drinking alcohol, feeling stressed, and being around others who are using e-cigs.

3. Make a plan to handle your triggers: What can you do instead of vaping?

- Change your behaviors – do other things like deep breathing, chewing on a straw, drinking water, & avoiding places where you usually vape.
- Change your thoughts – remember your reasons to quit, tell yourself e-cigs are 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.
- It's important to give it a try.

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

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

¹ US Food and Drug Administration (2017). Vaporizers, E-Cigarettes, and other ENDS. Retrieved on 6/12/2017 from <https://www.fda.gov/TobaccoProducts/Labeling/ProductsIngredientsComponents>

² ANNALS of The New York Academy of Sciences (2017). Are E-cigarettes a Safe and Good Alternative to Cigarette Smoking? Retrieved on 6/12/2017 from <http://onlinelibrary.wiley.com/doi/10.1111/nyas.12609/epdf>

³ US Food and Drug Administration (2017). Is It Really FDA Approved? Retrieved on 6/13/2017 from <https://www.fda.gov/forconsumers/consumerupdates/ucm047470.htm>

⁴ Tobacco Free CA (2017). Nicotine Isn't as Harmless as You Might Think Retrieved on 6/12/2017 from <http://tobaccofreeca.com/e-cigarettes>