

# 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.<sup>1</sup>*

## Types<sup>1</sup>



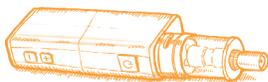
### Ciga-likes

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?<sup>1</sup>

- 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?<sup>2</sup>

- 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?<sup>3</sup>

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:<sup>4</sup>
  - 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!

<sup>1</sup> 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>

<sup>2</sup> 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>

<sup>3</sup> 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>

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