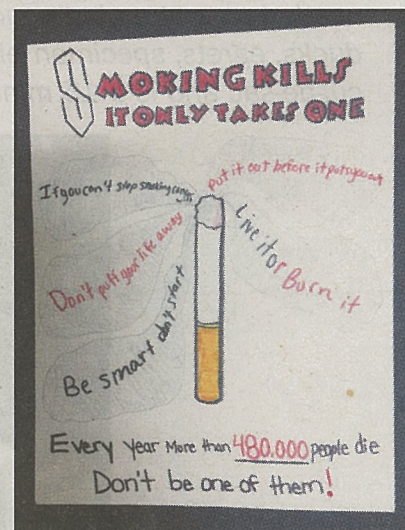


The Truth Behind The Vapor Myth

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Myth: "E-cigs are safe."

Myth: "E-cigs can help you quit smoking."

Myth: "E-cigs don't produce second-hand smoke."

These are all myths that some people believe about electronic cigarettes. It's important that people know the truth behind the vapor. Electronic cigarettes, or e-cigarettes, are battery-operated cigarettes that deliver nicotine with flavorings through vapor. E-cigarettes resemble everyday objects, such as pens. While little is known about health risks of the use of e-cigs, e-cigs still contain the highly addictive substance, nicotine, a chemical also found in regular cigarettes, as well as other harmful chemicals. Some studies have shown that the vapor contains known carcinogens, such as formaldehyde and acetaldehyde.

How do e-cigarettes work? Well, an e-cig has a cartridge holding the nicotine solution, a heating device and a power source. Simply puffing the e-cigarette activates the battery-powered heating complex, vaporizing the liquid in the cartridge, resulting in vapor, which is then inhaled or "vaped." E-cigs are designed to work like tobacco by producing a flavorful aerosol that feels similar like tobacco smoke, supposedly with "less toxic chemicals" than those in regular cigarettes.

Unfortunately, despite some states banning the sale of e-cigarettes

to minors, e-cigs are becoming increasingly popular among teens as e-cigarette companies often advertise a wide array of appealing cartridge flavors. In addition to their unknown health effects, there is also the concern that e-cigarettes may be a "gateway drug," a substance that may lead to the use of other addictive, harder drugs, such as meth, cocaine or heroin. This means that e-cigarettes can be considered on the same platform as alcohol, prescription drugs, inhalants and the illegal drug, marijuana. E-cigarettes have not received FDA approval, as the administration has not evaluated any e-cigs for safety or effectiveness.

To put it simply, there haven't been many studies done about e-cigarettes. E-cigs are probably just as harmful as conventional cigarettes, which are known to cause diseases and premature death.

For more information about e-cigarettes, go to the National Institute on Drug Abuse website at www.drugabuse.gov/publications/drug-facts/electronic-cigarettes-e-cigarettes-or visit www.manhassetcasa.org.

