



What You Really Need To Know About Electronic Cigarettes

An electronic cigarette (“e-cigarette”) is an electronic product that mimics a cigarette, cigar or pipe and delivers nicotine at different amounts with out smoke or tar (1).

The typical electronic cigarette is made of stainless steel, has a chamber for storing liquid nicotine in various concentrations, is powered by a rechargeable battery and resembles a real cigarette. Users puff on it as they would a real cigarette, but they do not light it, and it produces no smoke (2). Electronic cigarettes work by converting low thickness nicotine liquid into atomized fog drops through ultra micro atomizing pump pressurizing and produce a fine, heated mist, which is absorbed into the lungs (1, 2).

However, the U.S. Food and Drug Administration (FDA) states that electronic cigarettes are unapproved new drug-devices and further cautions the users that there is no scientific proof that electronic cigarette are safe or effective (4).

According to FDA, the marketing of the "electronic" cigarettes, cigars, pipes, and their components, as described above, in the United States violates FDA regulations and any such violation is subject to enforcement action(3).

As claimed by the manufactures of electronic cigarettes, the World Health Organization does not consider the electronic cigarette to be a legitimate nicotine replacement therapy (2).

There are numerous methods for treating tobacco-use addiction that have been thoroughly researched and endorsed by the U.S. Department of Health and Human Services with recommendations provided in the [Public Health Service Clinical Practice Guidelines 2008 Update](#) (4). An electronic cigarette does not constitute an evidence-based approach nor is there current peer reviewed research to suggest that it is a device that should be added as a safe and effective method for treating nicotine addiction (2).

The best way to quit is through discussions with your physician, by using smoking cessation treatments approved by the FDA like Nicotine patch, gum, lozenge, spray or inhaler; Bupropion, Varenicline, and also to work on the behavioral changes; to be emotionally ready to quit and be prepared for any triggers for relapse of smoking(4).

For further assistance call **1-800-QUIT-NOW** to speak to a Tobacco Cessation Specialist.

References

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