

CAN E-CIGARETTES HELP YOU QUIT SMOKING?

Many e-liquids contain nicotine, which is a highly addictive chemical. Nicotine addiction is the fundamental reason people persist in using tobacco, which remains the leading cause of preventable disease and death in the United States.

Tobacco Free Florida recommends using quit aids approved by the Food and Drug Administration. There are seven FDA-approved cessation aids and medications that are proven safe and effective when used as directed:

- Three types of nicotine replacement therapy (NRT) are available without a prescription: the patch, gum and lozenge.
- Two types of NRT are available with a prescription: the nicotine inhaler and nasal spray.
- There are two non-nicotine prescription medications: Bupropion (commonly known by the brand name Wellbutrin) and Varenicline (commonly known by the brand name Chantix).

LET US HELP YOU QUIT TODAY!

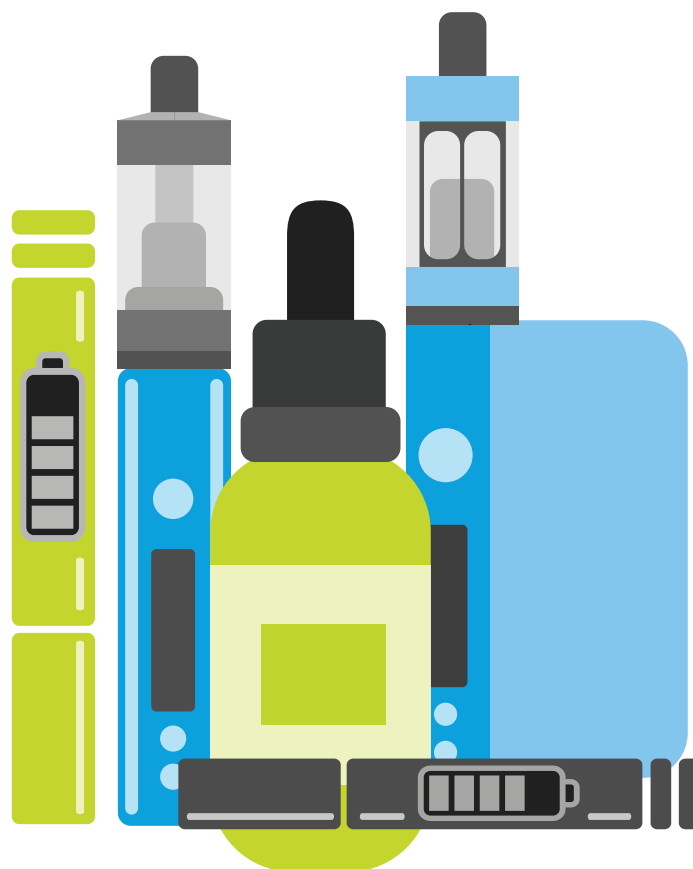
Tobacco Free Florida offers free tools and services that can increase your chances of quitting.

These services provide **free FDA-approved nicotine replacement therapy**, if medically appropriate and while supplies last.



TobaccoFreeFlorida.com
1-877-U-CAN-NOW
1-877-822-6669

THINGS TO KNOW ABOUT E-CIGARETTES



WHAT ARE E-CIGARETTES?

Electronic cigarettes are devices that deliver aerosol to the user by heating a liquid. There are many varieties and flavors of “e-liquids,” many of which contain nicotine.

The aerosol that e-cigarettes emit is not tobacco smoke, but it is not harmless. Studies have shown that dangerous chemicals, such as formaldehyde and acetaldehyde, are measurable from some e-cigarette aerosol. Bystanders exposed to e-cigarette aerosol can also absorb its nicotine.

E-CIGARETTE PRODUCTS



E-cigarettes range from smaller conventional cigarette lookalikes to more powerful devices that deliver more aerosol per inhalation. The e-cigarette product line continues to grow with time – there are more than 460 brands currently on the market, with varying chemicals used in e-liquids.

E-liquids come in a variety of flavors and nicotine doses. Though it comes in a small bottle, liquid nicotine can be dangerous. Exposure to liquid nicotine by swallowing or contact with the skin can result in nausea and vomiting, respiratory arrest, seizures or even death.

USING E-CIGARETTES WHILE SMOKING

Nearly six in 10 e-cigarette users were also conventional cigarette smokers in 2015. Using both e-cigarettes and conventional cigarettes is called “dual use.”

Dual use is not an effective way to safeguard your health. Even people who smoke fewer than five cigarettes a day may show signs of early heart disease.

E-CIGARETTE USE INCREASE

The number of Americans using e-cigarettes has increased dramatically. Between 2010 and 2013, the percentage of cigarette smokers who had used an e-cigarette **increased from 9.8 percent to 36.5 percent**. Though current cigarette smokers and recent former smokers are more likely to use e-cigarettes than adults who have never smoked, nonsmokers are still trying e-cigarettes.

The United States Surgeon General released a report in December 2016 warning against youth use of e-cigarettes. In Florida, the number of high school students who were current e-cigarette users **increased 66 percent from 10.8 percent in 2014 to 18.0 percent in 2016**.

Further, because the adolescent brain is still developing, nicotine use during adolescence can affect teens’ susceptibility to addiction.

