

FOR IMMEDIATE RELEASE

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### **SAFE Glen Cove Coalition: E –Cigarettes and Quitting Smoking**

According to the National Cancer Institute, e-cigarettes have become a common option for adults who are looking to quit smoking cigarettes. E-cigarettes are also known as vapes, e-cigs and vape pens. They work by heating a liquid that usually contains nicotine into an aerosol that is then inhaled. They can still feed a nicotine addiction, but they do so without burning tobacco, which produces smoke that can damage the lungs and potentially lead to lung cancer, emphysema and other lung issues.

Nicotine is highly addictive, and it can harm brain development in adolescents and young adults. It's also toxic to developing fetuses, and isn't safe for those who are pregnant, according to the Centers for Disease Control and Prevention (CDC). E-cigarette vapor can contain other potentially harmful substances, including flavorings, cancer-causing chemicals like acetaldehyde or formaldehyde, ultrafine particles that can be inhaled deep into the lungs, and heavy metals such as nickel, tin and lead.

For adult cigarette smokers, some evidence suggests that e-cigarettes may hold promise in helping people quit. [In a 2021 Cochrane review](#), researchers looked at 61 studies that included 16,759 adults who smoked cigarettes. They found that those who used nicotine e-cigarettes were more likely to stop smoking conventional cigarettes for at least six months than those who used other kinds of nicotine replacement therapies, like patches or gums, or nicotine-free e-cigarettes.

Aside from delivering nicotine, experts say, e-cigarettes may also be effective at helping people quit because they mimic the action and behaviors of smoking. Even occasional e-cigarette use can offer benefits as some research has found that smokers who replaced some of their cigarette smoking with high-nicotine e-cigarettes reduced their smoking by about half within 24 weeks, and reduced their exposures to harmful toxins associated with tobacco smoke. However, it is challenging to know what nicotine levels in e-cigarettes are best when it comes to helping people quit smoking cigarettes.

The Food and Drug Administration regulated e-cigarettes as tobacco products instead of as smoking cessation aids, therefore there was little research on exactly how e-cigarettes could be used by people who want to stop smoking cigarettes.

But research also suggests that e-cigarettes can be an on-ramp for cigarette smoking for young adults. According to the CDC, adolescents and young adults who used e-cigarettes were 3.6 times as likely to smoke cigarettes later in life when compared with those who did not use e-cigarettes. In [a study released in early October](#), federal health officials reported that 2.55 million U.S. middle and high school students said they were current users of e-cigarettes in 2022 — meaning they had reported e-cigarette use at least once in the past 30 days. That figure included about 14 percent of high school students and

about 3 percent of middle school students. In September, Juul Labs tentatively agreed to [pay a \\$438.5 million settlement](#) over claims the company marketed its products to teens.

The National Cancer Institute coordinates the United States National Cancer Program and is part of the National Institutes of Health, which is one of eleven agencies that are part of the U.S. Department of Health and Human Services. For more information please visit [www.cancer.gov](http://www.cancer.gov).

The Centers for Disease Control and Prevention (CDC) is a federal agency that conducts and supports health promotion, prevention and preparedness activities in the United States, with the goal of improving overall public health. To learn more about the CDC please visit [www.cdc.gov](http://www.cdc.gov).

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. Its Coalition is concerned about tobacco use and vaping seeking to educate and update the community regarding its negative consequences. To learn more about the SAFE Glen Cove Coalition please follow us on [ww.facebook.com/safeglencovecoalition](http://ww.facebook.com/safeglencovecoalition) or visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health [www.safeglencove.org](http://www.safeglencove.org).