**FACTS**

E-cigarettes are known to have harmful effects. They create nicotine dependence. Other negative, long-term effects are not clear.


In 2016, the FDA required all electronic nicotine delivery systems (ENDS) to meet the same standards as other tobacco products. This includes:

- E-Liquids/Vape Juice
- Liquid Containers / Cartridges (hold liquid nicotine)
- Atomizers (heating element used to create vape)
- Batteries
- Tank Systems
- Flavorings
- Drip Tips

All ENDS must include a warning statement of nicotine addiction.

**PROGRAMS INCLUDE:**

**Eating for Life**
Develop healthy eating and exercise habits

**Get Off Your Butt:**
**Stay Smokeless for Life**
Quit tobacco to improve your health

**Guided Meditation**
Experience a retreat from everyday stressors

**Healthy Habits, Healthy You**
Develop habits to prevent diabetes and heart disease

**Tai Chi**
Learn to mentally and physically relax

**WalkAbout With Healthy Edge**
Walk your way to better health

**Yoga**
Stretching and strengthening exercises

For more information, visit wellnessforme.com
STAYING HEALTHY

KNOWN INGREDIENTS*
When toxic chemicals are heated, they can cause damage to the blood vessels. Different e-cigarette flavorings contain chemicals known to cause lung disease.

Nicotine. Most electronic cigarettes typically contain the addictive drug nicotine. Your body becomes dependent on it.

Propylene is used for food and cosmetics. It causes harm to the lungs and eyes when inhaled.

Formaldehyde and acetaldehyde are the same cancer-causing ingredients found in traditional cigarettes.

*Ingredients vary by manufacturer.

IDENTIFYING E-CIGARETTES

COMMON NAMES FOR E-CIGARETTES
• E-cig or E-cigarette
• E-pipe
• Hookah pen
• JUUL
• Vape
• Vaporizer
• Vape pen

HOW E-CIGARETTES WORK
A cartridge which holds liquid is heated by a battery-powered device. A vaporized “smoke” is inhaled and then exhaled. Some e-cigarette cartridges are reusable.

RESOURCES
For help with stopping the use of these or other tobacco products:

Optima Health
Health and Preventive Services
Tobacco Cessation Specialist
(757) 552-7534

National Quitline Network
1-800-QUIT-NOW
1-800-784-8669

Self-Paced Program
Get Off Your Butt: Stay Smokeless for Life
Available at:
OPTIMAHEALTH.COM/MYLIFEMYPLAN
SENTARA.COM/TOBACCOCESSATION

Sources:
https://www.webmd.com/smoking-cessation/news/20150218/e-cigarette-ingredients#2
https://www.fda.gov/TobaccoProducts/Labeling/ProductsIngredientsComponents/ucm456610.htm

optimahealth.com/mylifemyplan