

What's in an E-Cigarette?

More than just water vapor!

E-Cig Dangers

No professional health organization has approved e-cig use. No two e-cigs deliver the same amount of nicotine. **No amount of nicotine is safe!**²

Lead
Lead increases risk of **Miscarriage & Premature Birth.**⁵

Propylene Glycol
Poisonous, potentially lethal liquid used in several brands of e-cigs.²

Nicotine
Most e-cigs deliver nicotine, which is **TOXIC** to a baby. **No amount of nicotine is safe!**²

E-liquids

E-liquids may contain traces of chemicals that can **cause cancer** (i.e. nitrosamines and formaldehyde).²

TOXIC in amounts as small as a few drops. **Poisoning and even death** can occur from drinking, inhaling or absorbing e-liquid through the skin or eyes.

Children exposed to e-liquid can experience vomiting, dangerously high heart rates, breathing problems & **even death.**¹

The American Association of Poison Control Centers reported 3,353 exposures from e-cig liquid in 2014, compared to 1,543 in 2013.²

Bottles can **easily be opened by children** who are drawn to the bright colors and flavors.



1. Legacy. Tobacco Fact Sheet: Electronic Cigarettes, December 2012.
2. American Academy of Pediatrics. Liquid Nicotine Kills Child, December 2014.
3. FDA. Summary of Results: Laboratory Analysis of Electronic Cigarettes Conducted By FDA, April 2014.
4. Fiore MC, Jaen CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008.
5. <http://www.cdc.gov/nceh/lead/tips/pregnant.htm>

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What's in a Cigarette?

These are the most **lethal** to **you** and **your baby!**

Nicotine & Carbon Monoxide

Nicotine limits the amount of nutrients baby receives which can slow baby's growth. It also increases baby's heart rate & delays brain development. Carbon Monoxide reduces baby's oxygen supply.^{1,2}



Nicotine & Carbon Monoxide

Formaldehyde & Arsenic



Hydrogen Cyanide

Tobacco Specific Nitrosamines



Benzene

Benzene
Causes leukemia, genetic damage, birth defects, cancer, & miscarriage.⁴

Tobacco Specific Nitrosamines

Damages DNA of exposed adults & babies; linked to lung, oral, liver, pancreatic & esophageal cancers.



Formaldehyde

Is an embalming fluid known to cause cancer.



Arsenic

Causes cancer & damage to heart & blood vessels. It can also interfere with DNA's ability to repair itself.^{3,4}

Stillbirth, Premature Birth & Low Birth Weight



Heart Damage



DNA DAMAGE

Genetic Damage, Birth Defects, Cancer & Miscarriage

Hydrogen Cyanide

Used as a chemical weapon; damages heart & blood vessels.^{3,4}

- <http://www.acog.org/Patients/FAQs/Tobacco-Alcohol-Drugs-and-Pregnancy>
- <http://www.med.umich.edu/yourchild/topics/shsmoke.htm#preg>
- www.cdc.gov/tobacco/data_statistics/sgr/2010/index.htm
- <http://www.cancerresearchuk.org/cancer-info/healthyliving/smoking-and-cancer/stats-evidence/>

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