

# Asthma & E-Cigarettes



## *Know what e-cigarettes are*

- An electronic cigarette (e-cigarette) is a device that allows a person to breathe in aerosol instead of smoke. People often call this vaping.
- Other types of e-cigarettes include vaporizers, vape pens, disposable vape bars, hookah pens and e-pipes.
- Almost all e-cigarettes contain nicotine which is highly-addictive.
- E-cigarettes also contain cancer-causing chemicals such as formaldehyde, benzene, lead, and nickel.
- E-cigarettes are **NOT APPROVED** as a quit aid by the U.S. Food & Drug Administration (FDA).



## *Understand the dangers of e-cigarettes*

- Adults with asthma who use e-cigarettes have more asthma symptoms and reduced lung function.
- The effects of e-cigarette use on the lungs can be seen in as few as five minutes.
- Asthma medication doesn't work as well for people who use e-cigarettes.
- Nicotine, which is in almost all e-cigarettes, can make it very hard to quit.

## *Quit Your Way*

For tools and support to help you quit, call Maine QuitLink at **1-800-QUIT-NOW** or visit [mainequitlink.com](http://mainequitlink.com)

