

# Your Health Matters

## YOUTH USE OF E-CIGARETTES

Just when we thought we were starting to move the dial against smoking and nicotine addiction, e-cigarette use swells, especially among youth. according to the CDC, the use of e-cigarettes among youth tripled between 2013 and 2014 and has now surpassed youth cigarette smoking.

E-cigarettes, or electronic nicotine delivery systems, are battery-operated and use a heating element to heat e-liquid from a refillable cartridge which releases a chemical-filled aerosol. According to the American Lung Association there are nearly 500 brands and 7,700 flavors of e-cigarettes on the market, none of them regulated by the FDA.

Because they are not regulated, there is no way to know for sure what toxins are in e-cigarettes, and in what quantities. Tests show that almost all e-cigarettes have some nicotine in them.

While there isn't enough information yet to know the full health impact to individuals and to the community, health care professionals agree that e-cigarettes are not a safe alternative to smoking. They are also not safe for the community. E-cigarettes don't produce smoke, but studies have found formaldehyde, benzene and tobacco-specific nitrosamines (all carcinogens) coming from secondhand emissions. Other studies have shown that chemicals exhaled by users also contain formaldehyde, acetaldehyde and other potential toxins.

The best way to protect your health against the harmful effects of nicotine and other toxins is to quit smoking. Quit smoking cigarettes and e-cigarettes to lower your risk of heart disease, stroke and many cancers and enjoy a longer, healthier life.

For free telephone support to quit smoking, call 1-800-QUIT-NOW (1-800-784-8669) or view a Step-by-Step Quit Guide at [www.smokefree.gov](http://www.smokefree.gov).

The Montgomery County Health Department loves taking care of your family, and works every day to protect, promote and improve health in our community. To learn more, visit [www.montgomerycountyhealth.org](http://www.montgomerycountyhealth.org), Facebook or Twitter, or call the Montgomery County Health Department at (573) 564-2495. ■



11.9.15

