



**Vaping** is using a battery-powered vaporizer to deliver nicotine via a propylene-glycol and vegetable glycerin solution. The vapor is inhaled like a smoke from a cigarette, but **does not contain the carcinogens** found in tobacco smoke.

"An electronic alternative is a less harmful way of consuming nicotine than smoking" - Hazel Cheeseman, director of policy at Action on Smoking & Health.

**Nicotine** is no more harmful for your health than **coffee**. You could just as easily get hooked to energy drinks or coffee as you could to electronic cigarettes. - UK's Royal Society for Public Health

"Current state of knowledge about chemistry of liquids and aerosols associated with electronic cigarettes indicates that there is **no evidence that vaping produces inhalable exposures**...that would warrant health concerns by the standards that are used to ensure safety of workplaces...**Exposures of bystanders** are likely to be orders of magnitude less, and thus **pose no apparent concern**." – Dr. Igor Burstyn, Drexel University's School of Public Health

"The levels of potentially toxic compounds in e-cigarette vapor are 9-450-fold lower than those in the smoke from conventional cigarettes, and in many cases comparable with the trace amounts present in pharmaceutical preparation. Our findings support the idea that substituting tobacco cigarettes with electronic cigarettes may substantially reduce exposure to tobacco-specific toxicants." Tobacco Control, 2013

Nearly 700 smokers' intensive users of e-cigarettes were **6 times more likely** than non-users/tryers to report that they **quit smoking** - Society for Research on Nicotine and Tobacco

Two tobacco cigarettes will stiffen the aorta. E-cigarettes, on the other hand, made no difference to the aorta, and were not found to stiffen the arteries. - Onassis Cardiac Surgery Center

Dr. Gilbert Ross is a medical and executive director of the American Council on Science and Health said that you can use **common sense** to determine that **e-cigarettes are much healthier than combustibles**. He also noted that regulation of e-cigarettes could be a fatal decision for public health.

Dr. Ted Wagener, a researcher from the University of Oklahoma Health Sciences studied the impact of e-cig use on **1,300 college students** and found that only a single person who first used nicotine disguised as e-cigarettes later took to tobacco cigarettes, concluding that **e-cigarettes should not be used as a scapegoat for tobacco use**.

Researchers at the University of Alberta's School of Public Health established that **91% of smokers that switched** allegiance to e-cigarettes tended to **have improved health**. They also found that 97% of those reduced or entirely saw off chronic coughs.

A group of French scientists established that vapor dissipated within 11 seconds on average. Conversely, cigarette smoke lingered for about 20 minutes on average. The consensus was that second-hand exposure to **e-cig vapor poses no public risk**.

Inhalation Toxicology: International Forum for Respiratory Research established that second-hand exposure to tobacco smoke had a damaging effect on lung function as compared to first-hand exposure to e-cig vapor. It was also agreed that electronic cigarettes do not cause any acute respiratory harm.