DID YOU KNOW?

ELECTRONIC CIGARETTES

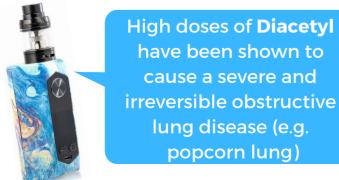## INGREDIENTS

Secondhand Aerosol

- Benzene
- Diethylene Glycol
- Formaldehyde
- Isoprene
- Nicotine
- Nitrosonornicotine

Aerosol elements have been found to cause respiratory distress and disease

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CHEMICALS IDENTIFIED

TOXIC & MAY CAUSE CANCER

DANGER

POISON

Chemicals in E-cigarettes

- Acetaldehyde
- Acetone
- Acrolein
- Cadmium
- Chromium
- Diacetyl
- Lead
- Nickel
- Methylbenzaldehyde
- Phenol
- Propanal
- Propylene Glycol
- Tin
- Toulene

High doses of **Diacetyl** have been shown to cause a severe and irreversible obstructive lung disease (e.g. popcorn lung)

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DANGER: ELECTRONIC CIGARETTES

Types of Smoke:

- **Side Stream** - smoke that comes from the lighted end of a burning tobacco product
- **Main Stream** - smoke that is exhaled by smokers (e.g. secondhand aerosol)

Side Stream

- **Benzene** - found in gasoline and pesticides
- **Diethylene Glycol** - used in antifreeze and can cause eye irritation and respiratory irritation
- **Isoprene** - Major component in synthetic rubber, can cause cancer

Main Stream

- **Acetaldehyde** - Poisonous solvent and paint stripper, can irritate eyes and skin; cancer causing
- **Cadmium** - Used in car batteries, can increase lung cancer and cause kidney disease
- **Nickel** - Can cause dermatitis, respiratory effects, and cancer
- **Propylene Glycol** - Main ingredient in e-liquids, used in cosmetics, plastics, can increase risk for children's risk of developing asthma

Youth

E-Cigarettes contain nicotine, a highly addictive chemical that can harm youth brain development through age 25

E-Cigarette Prevalence (9th -12th grade), NM & U.S.

2015	2017
NM - 24%	NM - 24.7%
U.S. - 11.7%	U.S. - 20.8%

68% of e-cigarette users in high school use flavors (e.g. fruit, candy, chocolate, etc.)

Addiction to nicotine also poses the risk for adolescents to be addicted to other tobacco products and drugs.

References:
American Nonsmokers' Rights Foundation, https://no-smoke.org/electronic-smoking-devices-secondhand-aerosol/
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National Cancer Institute, https://www.cancer.gov/publications/dictionaries/cancer-terms/def/mainstream-smoke
New Mexico's Indicator Based Information System,
https://ibis.health.state.nm.us/indicator/view/TobaccoSmokeECigYouth.Year.NM_US.html
Know the Risks, https://e-cigarettes.surgeongeneral.gov/knowtherisks.html

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