

Are electronic cigarettes helping smokers to quit?

- There is limited evidence that e-cigarettes with nicotine is an effective smoking cessation device.
- E- cigarettes have not been approved by Canada's Food and Drugs Act for smoking cessation treatment.
- There are growing concerns that former smokers who use e-cigarettes might become accustomed to the nicotine intake and habit of smoking resulting to return to smoking tobacco cigarettes in the future.

Smokers who use Nicotine Replacement Therapies or prescribed medications (Champix and Zyban) or counselling are twice more likely to quit successfully.

For help with quitting call **Smokers' Helpline** 1-877-513-5333 (available in Cree and Dene).

NITHA Partners



How to Contact NITHA

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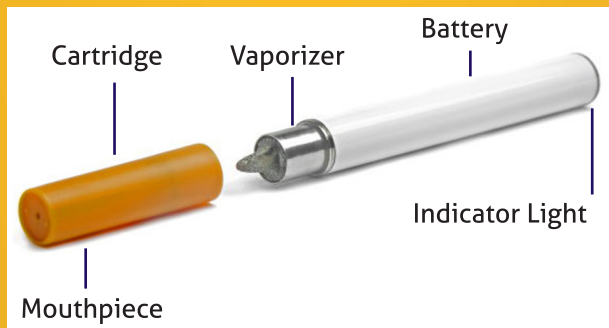


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'Vaping'
Electronic
Cigarette
Facts

What is an electronic cigarette?

- Electronic cigarette (e-cigarette) is an electronic smoking device that looks like cigarette.
- E-cigarettes are made of three integrated parts: the cartridge which contains the nicotine; the vaporizer or atomizer; and a lithium battery.
- The battery powers the vaporizer which heats the nicotine mixture in the cartridge that the user inhales as a vapour.
- The act of inhaling this vapour is known as "vaping".
- The awareness and use of e-cigarettes have increased.
- May attract and hook non-smokers.
- Flavoured products especially attractive to youth.



What are the contents of an electronic cigarette?

- Nicotine, in varying quantities.
- Heavy metals, cancer-causing substances and di-ethylene glycol (found in anti-freeze).
- All major tobacco companies are now producing e-cigarette this suggests that e-cigarettes are being modified so as to maximize addictiveness.

Who is using electronic cigarette?

- Youths and young adults
- Adults

What are the health effects of electronic cigarette use?

- There are concerns by public health experts that the use of e-cigarette could renormalize and undermine tobacco control and cessation efforts.
- Public health experts are concerned that those who do not smoke tobacco cigarettes, but have started to smoke e-cigarettes with nicotine could potentially form a lifelong addiction to nicotine.
- Some of the health impacts of e-cigarettes include mouth and throat irritation and cough, hospitalization for pneumonia and heart failure; and infant death from choking on cartridge.

Is second hand electronic cigarette smoke or vapour harmful?

- E-cigarettes have been found to contain nicotine, heavy metals, and other cancer causing substances.
- E-cigarette use in indoor spaces has the potential to renormalize smoking and create confusion about smoke-free policies.
- There is limited evidence on the second hand effects of e-cigarettes.