

# What's in an E-Cigarette?

## More than just water vapor!

### E-liquids

E-liquids may contain traces of chemicals that can **cause cancer** (i.e. nitrosamines and formaldehyde).<sup>2</sup>

**TOXIC** in amounts as small as a few drops. **Poisoning and even death** can occur from drinking, inhaling or absorbing e-liquid through the skin or eyes.

**Children** exposed to e-liquid can experience vomiting, dangerously high heart rates, breathing problems **& even death.**<sup>1</sup>

The American Association of Poison Control Centers reported 3,353 exposures from e-cig liquid in 2014, compared to 1,543 in 2013.<sup>2</sup>

Bottles can **easily be opened by children** who are drawn to the bright colors and flavors.



### E-Cig Dangers

No professional health organization has approved e-cig use. No two e-cigs deliver the same amount of nicotine. **No amount of nicotine is safe!**<sup>2</sup>

#### Lead

Lead increases risk of **Miscarriage & Premature Birth.**<sup>5</sup>

#### Propylene Glycol

**Poisonous, potentially lethal liquid** used in several brands of e-cigs.<sup>2</sup>

#### Nicotine

Most e-cigs deliver nicotine, which is **TOXIC** to a baby. **No amount of nicotine is safe!**<sup>2</sup>

1. Legacy. Tobacco Fact Sheet: Electronic Cigarettes, December 2012.
2. American Academy of Pediatrics. Liquid Nicotine Kills Child, December 2014.
3. FDA. Summary of Results: Laboratory Analysis of Electronic Cigarettes Conducted By FDA, April 2014.
4. Fiore MC, Jaen CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008.
5. <http://www.cdc.gov/nceh/lead/tips/pregnant.htm>

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KENTUCKY FOLIC ACID AND PERINATAL PARTNERSHIP

# What's in a Cigarette?

These are the most **lethal** to **you** and **your baby**!

## Nicotine & Carbon Monoxide

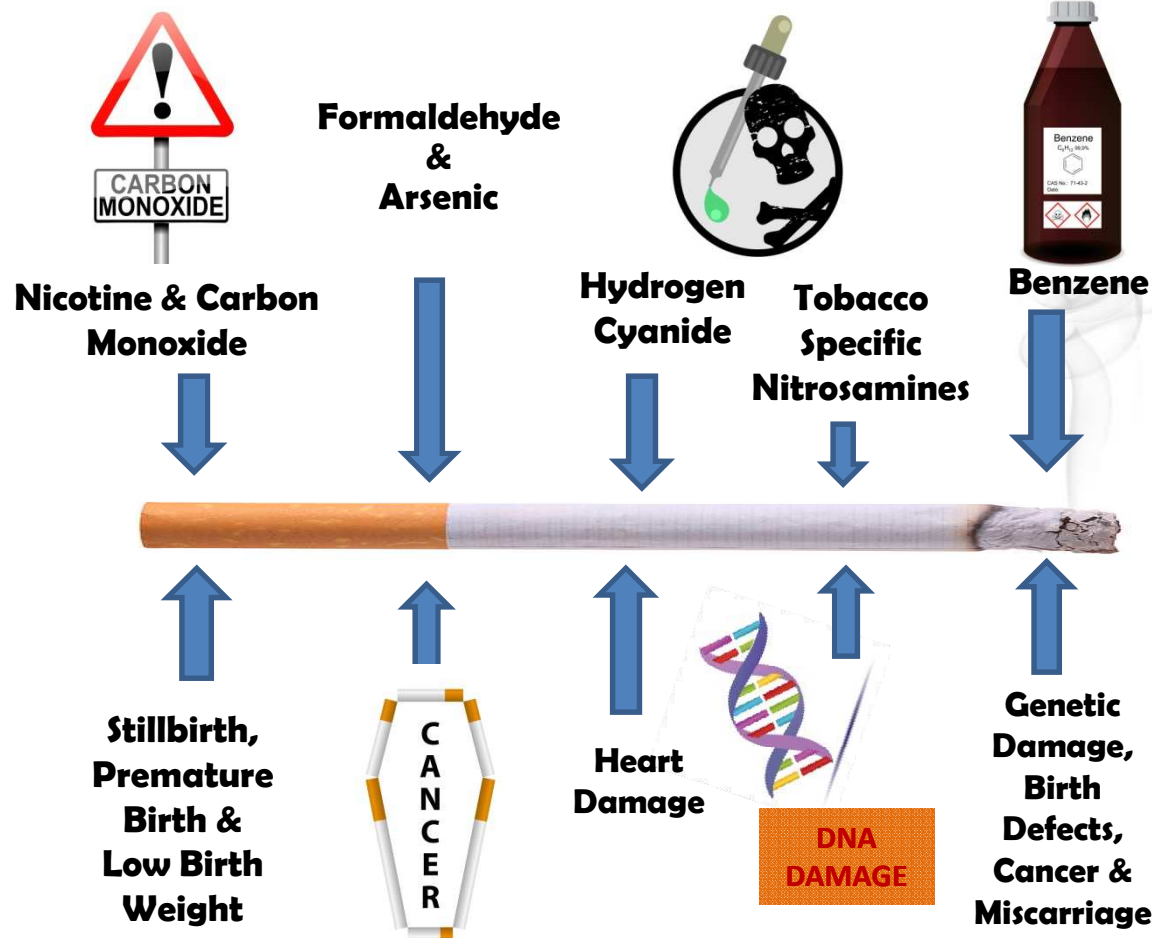
Nicotine limits the amount of nutrients baby receives which can slow baby's growth. It also increases baby's heart rate & delays brain development. Carbon Monoxide reduces baby's oxygen supply.<sup>1,2</sup>

## Formaldehyde

Is an embalming fluid known to cause cancer.

## Arsenic

Causes cancer & damage to heart & blood vessels. It can also interfere with DNA's ability to repair itself.<sup>3,4</sup>



## Benzene

Causes leukemia, genetic damage, birth defects, cancer, & miscarriage.<sup>4</sup>

## Tobacco Specific Nitrosamines

Damages DNA of exposed adults & babies; linked to lung, oral, liver, pancreatic & esophageal cancers.

## Hydrogen Cyanide

Used as a chemical weapon; damages heart & blood vessels.<sup>3,4</sup>

- <http://www.acog.org/Patients/FAQs/Tobacco-Alcohol-Drugs-and-Pregnancy>
- <http://www.med.umich.edu/yourchild/topics/shsmoke.htm#preg>
- [www.cdc.gov/tobacco/data\\_statistics/sgr/2010/index.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/2010/index.htm)
- <http://www.cancerresearchuk.org/cancer-info/healthyliving/smoking-and-cancer/stats-evidence/>

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