

## **Electronic Cigarettes and Vaping, Are They Safe?**

Electronic cigarettes, also known as e-cigarettes have been around since 2004 and their use is still controversial. e-cigarettes are battery-operated vaping devices which mimic the smoking experience and are available with or without nicotine.

They are available in a variety of retail stores, and often target young people by adding candy or fruit flavours. Although e-cigarettes containing nicotine are not legal in Canada, they are easily accessible and are becoming more popular with youth.

The newer vaping devices are more effective at delivering nicotine, similar to a regular cigarette. Recent studies show that newer devices generate more toxic chemicals such as formaldehyde because of higher temperatures.

Health Canada and the World Health Organization do not recommend the purchase and use of e-cigarettes for a variety of reasons including possible health risks and safety concerns.

Although many people claim that e-cigarettes have helped them quit smoking, there is still no scientific evidence to support their claim.

Children lead by example and use of e-cigarettes does not promote a tobacco-free lifestyle. There is a concern by experts that e-cigarettes may be a gateway to tobacco use and nicotine addiction.

For more information on this topic, visit the New Brunswick Anti-Tobacco Coalition's website [www.nbattc.ca](http://www.nbattc.ca), or [www.heartandstroke.ca](http://www.heartandstroke.ca)