

13-1-1. Definitions

Electronic cigarette shall mean any electronic oral device that provides a vapor of nicotine or other substance and which simulates smoking through its use or through inhalation of the vapor through the device; and includes an oral device that is composed of a heating element, battery, or electronic circuit and marketed, manufactured, distributed, or sold as an e-cigarette, e-cigar, e-pipe, or any other product name or descriptor, if the function of the product meets the definition of an electronic oral device.

Smoke or smoking shall mean the possession, carrying, or holding of a lighted pipe, cigar, electronic cigarette, cigarette of any kind, or any other lighted smoking equipment, or the lighting or emitting or exhaling the smoke of a pipe, cigar, electronic cigarette, cigarette of any kind, or of any other lighted smoking equipment. (Ord. No. 661, Revised, 04/10/90; Ord. No. O-08-0013, Revised 07/08/2008)

13-1-10. Smoking on city-owned property or at mass gatherings.

It shall be unlawful for any person to smoke in or on any city-owned property or at a mass gathering, except that smoking shall be allowed within a ten (10) foot radius of each of the two benches located outside the west entrance to the Fourth District Court building. The Director of the Department of Recreation or his designee may grant an exemption for lessees of land leased from the City. (Ord. No. O-08-0013, Enacted 07/08/2008)



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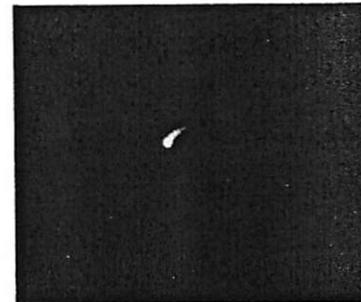
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E-Cigarettes: Turning Harm Reduction Into Harm Addiction?



Robert Glatter, MD, CONTRIBUTOR
I cover breaking news in medicine, med tech and public health
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Electronic cigarettes have become a lightning rod for controversy among experts in the medical profession, with studies supporting their potential to help some smokers quit, while others believe that the electronic devices may serve as a gateway to nicotine addiction by luring teen smokers.

Simply put, nicotine is a highly addictive compound, whether delivered as a vapor or through combustion as a regular tobacco cigarette. It raises your heart rate and blood pressure, and has a direct effect as a stimulant on your central nervous system.

With their alluring colors, flavors and packaging—and without formal FDA regulation of packaging, advertising and distribution at this time—experts and critics have legitimate concerns about Big Tobacco’s ability to mold and influence the delivery of nicotine to teens. And, as Big Tobacco continues to invest greater sums in production and distribution of electronic cigarettes, gaining a greater foothold in overall revenues, critics are now more concerned than ever.

With e-cigarettes presently accounting for nearly 2 billion a year in revenue, big tobacco companies are entering the game in greater numbers. In fact, the maker of Camel cigarettes is scheduled to begin distribution of an e-cigarette by the end of this month. And a subsidiary of Altria, the maker of Marlboro, plans to enter the field later this year, along with Lorillard, the manufacturer of the leading US e-cigarette brand, Blu.

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Electronic Cigarette Inhalation (Photo credit: planet1)



"It has been beneficial for helping people to stop smoking tobacco cigarettes but turning e-cigarettes into an entry port for young people is shameful," said Klaus D. Lessnau MD, FCCP a pulmonary and critical care specialist at Lenox Hill Hospital in New York City.

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As both a concerned parent and a physician, Lessnau is adamant that intervention and education by parents and teachers is essential in order to prevent future generations of teens from becoming nicotine addicts before they graduate from high school.

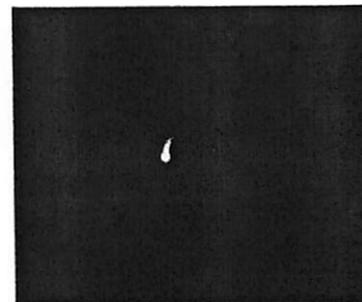
"My 15 year old daughter tells me that some of her friends smoke e-cigarettes frequently," Lessnau explains, "and to make this possible is dishonest behavior from greedy companies."

"That is the very reason that the FDA should regulate e-cigarettes. It remains unscrupulous to use electronic cigarettes to turn teenagers and young adults into nicotine addicts," adds Lessnau.

While e-cigarettes may certainly have a role in promoting harm reduction—reducing the risk of lung cancer and heart disease and helping some chronic smokers eventually quit—the potential for nicotine addiction developing in teens deserves a spotlight in the national conversation, especially among parents and teachers.



TRENDING





FDA regulation of all aspects of the production, distribution, as well as a strict ban on all advertising of the liquid nicotine devices must come sooner than later, Lessnau believes.

While the FDA passed a rule in April of this year to enact legislation to regulate electronic cigarettes as "tobacco products". This would effectively ban sales to minors, and would include a requirement that e-cigarette companies disclose strength of nicotine and all ingredients. Some feel that that the ongoing delay until formal passage may pose a risk to the health and safety of teens. And until such a rule is adopted, the FDA's Center for Tobacco Products does not have the authority to regulate the sale or use of electronic cigarettes as tobacco products. This extensive process could actually take years due to the legal issues and multiple interests at stake.

And interestingly, the FDA has yet to suggest marketing restrictions on e-cigarette manufacturers involving any ban on candy or fruit flavors, which are prohibited for use in regular tobacco cigarettes.

So far, 38 states, have already prohibited sales of electronic cigarettes to minors. This is based on a report by the National Conference of State Legislatures. In addition, nearly a dozen states have passed some form of a ban in public places such as schools and government buildings.

According to a survey in 2012 released by the Centers for Disease Control and Prevention (CDC), nearly 3 percent of US teenagers admitted to using an electronic cigarette in the past month. More importantly, the study noted that middle school students' use of e-cigarettes had actually doubled from 2011 to 2012. Overall, that more than 1.78 million U.S. middle and high school students had tried e-cigarettes in 2012.

The CDC study also noted that among those teenagers who tried e-cigarettes, early 75 percent also smoked a regular tobacco cigarettes, making the argument that e-cigarettes could be an entry point to use of conventional tobacco products.

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FDA Warns of Health Risks Posed by E-Cigarettes

The Food and Drug Administration (FDA) has joined other health experts to warn consumers about potential health risks associated with electronic cigarettes.

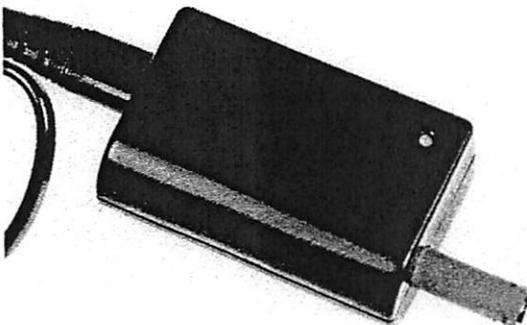
Also known as "e-cigarettes," electronic cigarettes are battery-operated devices designed to look like and to be used in the same manner as conventional cigarettes.

Sold online and in many shopping malls, the devices generally contain cartridges filled with nicotine, flavor, and other chemicals. They turn nicotine, which is highly addictive, and other chemicals into a vapor that is inhaled by the user.

"The FDA is concerned about the safety of these products and how they are marketed to the public," says Margaret A. Hamburg, M.D., commissioner of food and drugs.

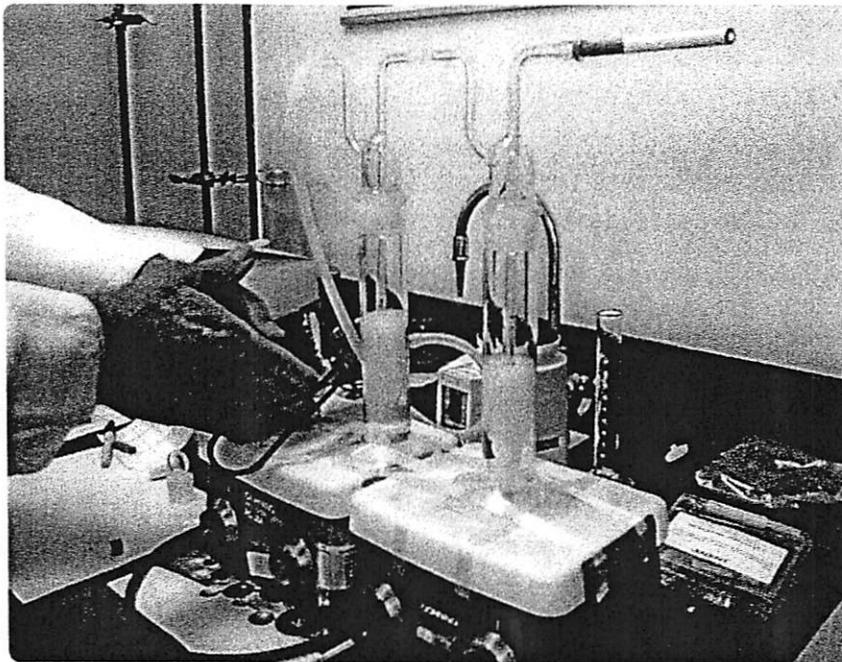
The agency is concerned that

- e-cigarettes can increase nicotine addiction among young people and may lead kids to try other tobacco products, including conventional cigarettes, which are known to cause disease and lead to premature death
- the products may contain ingredients that are known to be toxic to humans
- because clinical studies about the safety and efficacy of these products for their intended use have not been



An e-cigarette inserted into its charger. E-cigarettes are electronic devices used to deliver nicotine to the user in vapor form.

FDA



Air is drawn through an e-cigarette during a laboratory procedure that simulates a smoker taking a puff. The resulting vapor is tested.

FDA

submitted to FDA, consumers currently have no way of knowing

- whether e-cigarettes are safe for their intended use
- about what types or concentrations of potentially harmful chemicals, or what dose of nicotine they are inhaling when they use these products

The potential health risks posed by the use of e-cigarettes were addressed in a July 22, 2009, phone conference between Joshua M. Sharfstein, M.D., principal deputy commissioner of food and drugs; Jonathan Winickoff, M.D., chair of the American Academy of Pediatrics Tobacco Consortium; Jonathan Samet, M.D., director of the University of Southern California's Institute for Global Health; and Matthew T. McKenna, M.D., director of the Office on Smoking and Health at the national Centers for Disease Control and Prevention.

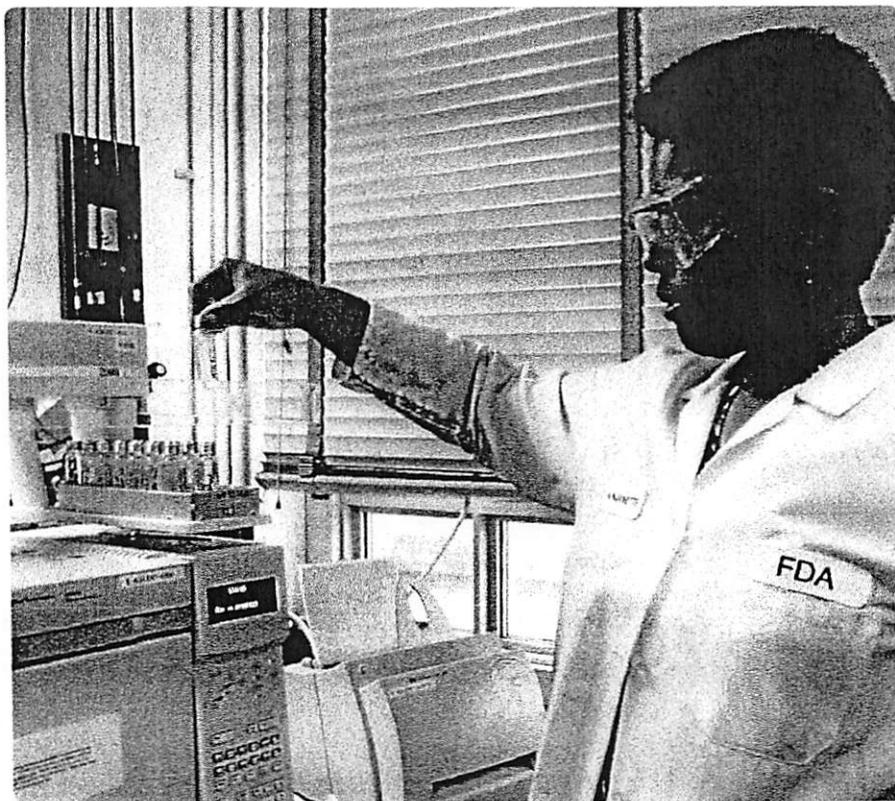
Conference participants stressed the importance of parents being aware of the health and marketing concerns associated with e-cigarettes. It was stated that parents may want to tell their children and teenagers that these products are not safe to use.

Of particular concern to parents is that e-cigarettes are sold without any legal age restrictions, and are available in different flavors (such as chocolate, strawberry and mint) which may appeal to young people.

In addition, the devices do not contain any health warnings comparable to FDA-approved nicotine replacement products or conventional cigarettes.

During the phone conference, which was shared with the news media, FDA announced findings from a laboratory analysis that indicates that electronic cigarettes expose users to harmful chemical ingredients.

FDA's Division of Pharmaceutical Analysis—part of the agency's Center for Drug Evaluation and Research—analyzed the ingredients in a small sample of cartridges from two leading brands of e-cigarette samples.



An FDA chemist uses a device set to the same temperature as an activated e-cigarette. This helps determine what might be inhaled by users of these products.

One sample was found to contain diethylene glycol, a toxic chemical used in antifreeze. Several other samples were found to contain carcinogens, including nitrosamines.

Agency Actions

FDA has been examining and detaining shipments of e-cigarettes at the border and has found that the products it has examined thus far meet the definition of a combination drug device product under the Federal Food, Drug, and Cosmetic Act.

The agency has been challenged regarding its jurisdiction over certain e-cigarettes in a case currently pending in federal district court.

FDA is planning additional activities to address its concerns about electronic cigarettes.

Meanwhile, health care professionals and consumers may report seri-

ous adverse events or product quality problems with the use of e-cigarettes to FDA through the MedWatch program, either online at www.fda.gov/Safety/MedWatch/default.htm or by phone at 1-800-FDA-1088.

This article appears on FDA's Consumer Updates page (www.fda.gov/ForConsumers/ConsumerUpdates/default.htm), which features the latest on all FDA-regulated products.

For More Information

FDA Press Release
www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm173222.htm

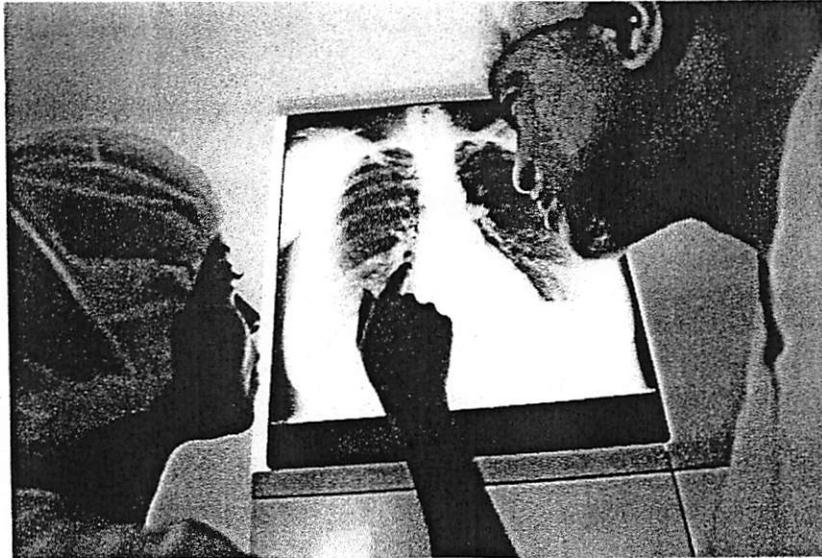
E-Cigarettes: FDA Web page
www.fda.gov/NewsEvents/PublicHealthFocus/ucm172906.htm

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10 Little-known Facts About E-cigarettes

by Maria Trimarchi and Susan Cassidy

1 They Cause Lung Damage



Lung health is still an issue with e-cigarettes.
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Cigarette smokers are known to be at higher risk for developing cancers, the biggest risk being lung cancer; tobacco users are 15 to 30 times more likely to be diagnosed with or die as a result of lung cancer than nonsmokers, and tobacco use is responsible for as many as 90 percent of all lung cancer cases [source: CDC]. Despite the marketing claims that e-cigarettes are safer than smoking tobacco, researchers are finding e-cig users experience diminished lung function, airway resistance and cellular changes, regardless of whether or not they currently (or ever) smoke cigarettes. And in the lab, cells exposed to e-cigarette vapor show unhealthy changes similar to cells exposed to tobacco smoke [source: Park et al]. Users who vape nicotine-free e-cigs can't escape the effects, either; they also experience airway resistance and other signs of inflammation as side effects of e-cigarette use.

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2 They Produce Second-hand Vapor



Even if it's vapor, this is incredibly rude. ©goldy-f/Stock/Thinkstock

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It's not only smokers who are impacted by the effects of cigarettes; as many as 2.5 million nonsmokers have died from the lethal effects of secondhand smoke between 1964 and 2014 [source: CDC]. Despite the claims they're a safe alternative to regular cigarettes, e-cigarettes may not completely solve the problem of secondhand exposure to nicotine.

Nicotine exposure from e-cigarettes is real, although studies suggest that exposure is far less from e-cig vapors than from the smoke of regular cigarettes. Nicotine emissions are 10 times lower than from burning tobacco, and the secondhand aerosol doesn't contain significant amounts of tobacco-specific toxins (carbon monoxide or other toxic volatile organic compounds) [source: Czogala].

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3 Vaping is Allowed in Some Smoke-free Places



Some workplaces may allow e-cigarettes, but you should check before vaping anywhere that's normally smoke-free. ©Gooduz/Stock/Thinkstock

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Because there's little regulation of e-cigarette devices, manufacturers have leeway to market their products as cigarettes that can be smoked anywhere, presenting them as smokeless tobacco products that have no health risks. Because of that, e-cigs are allowed in otherwise smoke-free environments.

Regulations do vary, though. Some countries, including Australia, Canada, Israel and Mexico, as well as some U.S. cities like Los Angeles, Chicago and New York, have banned electronic cigarettes or restricted their use in some public venues. In some cases, use of e-cigs is allowed only in "vaping" lounges or stores where the devices and associated products are sold [source: Gorman].

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4 They (May) Cost Less Than a Cigarette Habit



Smokers may make the switch to e-cigarettes in the hopes of saving cash. ©Santje09/iStock/Thinkstock

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Smokers with a pack-a-day habit spend more than \$1,000 per year to get the nicotine fix they crave, and in many instances an e-cigarette habit is cheaper. First, e-cigarette devices, which come in a variety of shapes and sizes, come with an initial cost. A typical starter kit, which contains the e-cigarette device, a battery and several cartridges, can cost anywhere from \$30 to \$100, depending on the manufacturer, model and style. And then there's the cost of the cartridges. The cost of a year's worth of replacement cartridges for sustaining the equivalent of a pack-a-day habit will cost about \$600 [source: Neporent]. To reduce those prices consumers also can purchase the liquid in bulk and refill the cartridges themselves.

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5 They're Reusable (With Some Maintenance)



Some e-cigarettes are sold with USB chargers as part of the package.
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E-cigarette devices are battery-powered, and as long as you remember to keep the battery charged they're reusable (although maintenance and usability will depend on the type of e-cigarette device you're using). And, like a lot of other devices we use every day (such as smart phones and tablets) many e-cigs come with available USB and car charges. It's not only the rechargeable battery that makes these devices reusable; many are also refillable. The liquid in the cartridges needs to be resupplied regularly, either by inserting a new cartridge or refilling an empty one.

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6 The FDA Wants to Regulate Them



A European parliament bill aiming at classifying e-cigarettes as a drug in October 2013 was met with protests.
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The FDA regulates some tobacco products, including cigarettes, cigarette tobacco, roll-your-own tobacco and smokeless tobacco. But it wasn't until 2014 that the agency proposed requirements for e-cigarettes, nicotine gels and dissolvable tobacco, among other previously unregulated tobacco products, under the Family Smoking Prevention and Tobacco Control Act. Under these regulations manufacturers are required to disclose all ingredients in their products, and have FDA approval before marketing them. Additionally, e-cigs can't be sold to minors (although the specific age depends on the state in which you live), and all labeling must include health warnings; free samples and vending machine sales are also prohibited [source: Federal Register].

Manufacturers, however, say the e-cigarette is simply recreational, and should not be subject to FDA regulation.

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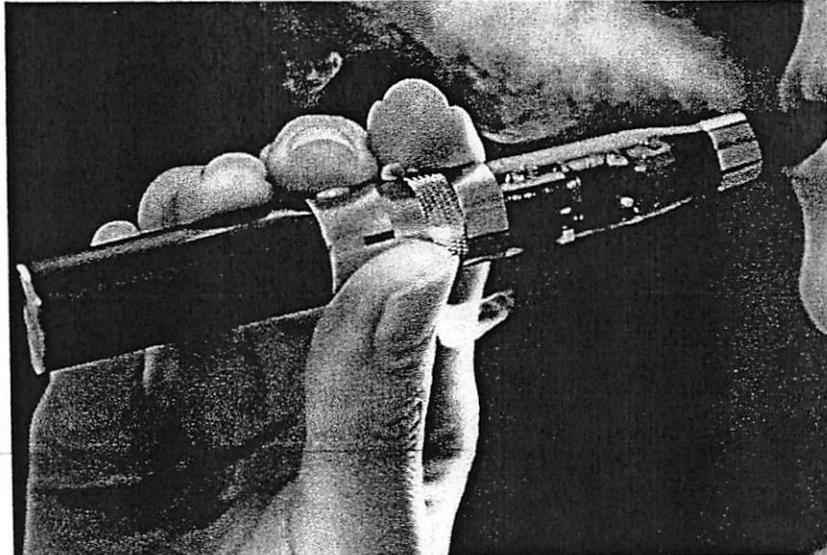
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7 There's No Quality Control



Without regulation, there's no way to know exactly what you're inhaling from your e-cig.
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a low dose, despite the claims [source: FDA].

Despite being on the market for several years, many regulatory agencies and health experts aren't sure just how safe e-cigarettes actually are. Among their concerns is the lack of disclosure of all the ingredients used as well as the lack of (or validity of) health and safety claims by manufacturers about their products. In 2009, for example, the Food and Drug Administration (FDA) found some cartridges of liquid nicotine contained about 1 percent diethylene glycol (DEG), a toxic chemical ingredient also found in antifreeze [source: FDA].

To make matters worse, the amount of nicotine listed on a cartridge label may not match the actual amount in the cartridge. FDA testing has found cartridges under the same manufacturing label may release significantly different levels of nicotine, ranging from 26.8 to 43.2 micrograms nicotine per 100 milliliter puff. And those nicotine-free cartridges? Lab tests indicate you're still getting

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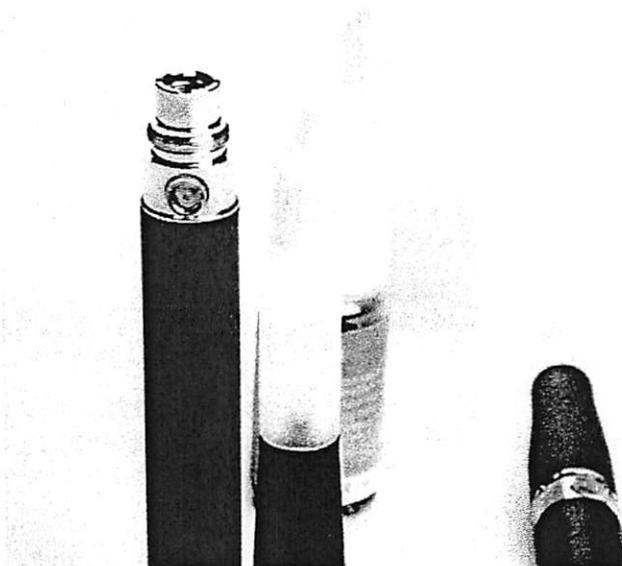
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8 They're Toxic



It doesn't take much liquid nicotine to achieve a lethal dose.
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41.7 percent of all emergency calls. As many as 51.1 percent of those calls involved accidental poisoning of kids under the age of 5 (roughly 42 percent involved adults age 20 or older) [source: CDC].

Some testing suggests it's not only the nicotine that may be dangerous. Certain e-cigarette devices may also release metals during use – including tin in some cases – as well as other impurities known to be toxic and/or carcinogenic.

Cigarette smoke contains more than 7,000 chemicals, and among those, 69 are known carcinogens [source: American Lung Association]. But it's not only regular cigarettes that are toxic to our bodies; e-cigarettes, too, come with health and safety concerns. The problem? Liquid nicotine.

Liquid nicotine is extracted from tobacco, but unlike tobacco leaves, liquid nicotine can be lethal. It can cause harm when it's inhaled, but it can also be harmful when ingested or absorbed through your skin. Only a small dose is dangerous – less than one tablespoon of many of the e-liquids on the market is enough to kill an adult, and as little as a teaspoon could kill a child) [source: Richtel]. The number of calls to poison control centers regarding e-cigarette nicotine-infused liquids rose sharply every month between September 2010 and February 2014, from just one call per month to as many as 215 – that's a rise from 0.3 percent to

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9 E-cigs Contain Liquid Nicotine



E-cigarettes are tobacco-free, but they contain liquid nicotine.
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E-cigarettes are smoke-free and tobacco-free, but they're not nicotine-free. The liquid in e-cigarettes is typically a combination of nicotine, flavorings (such as bubble gum or watermelon), propylene glycol (a solvent), and other additives. The amount of nicotine depends on the mixture of the particular liquid-nicotine cartridge installed in the device. Some products contain nicotine amounts comparable to regular tobacco cigarettes, while others contain levels closer to that of a light or ultralight cigarette. There are also cartridges available that contain flavored liquid without nicotine, for users who want the sensory experience of smoking a cigarette without the harmful effects.

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10 Little-known Facts About E-cigarettes

by Maria Trimarchi and Susan Cassidy

10 Nothing Actually Burns



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You'll never worry about misplacing your lighter or your matches if you're smoking an e-cigarette – there's nothing to light. Instead, e-cigarettes run on a lithium battery; each also contains a vaporization chamber and a cartridge filled with liquid. When you puff on your e-cig as you would a regular cigarette, the battery powers the device to heat the liquid and vaporize it. Some e-cigarettes have a cigarette-like LED tip that glows red (or another color, depending on the product you're using), but not all of these smokeless gadgets resemble regular cigarettes. Because they don't burn tobacco, there's no smoke, no carbon monoxide and no odor; what you inhale is vapor [source: FDA].

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New fears as wave of smokers are now using E-cigarettes to smoke marijuana in public

- Officials say e-cigarettes are being used to smoke cannabis
- When inhaled in liquid or wax form through a vaporizer, cannabis emits an odorless vapor
- Marijuana smokers are using the drug in public without fear of detection

By ALEX GREIG

PUBLISHED: 11:46 EST, 11 October 2013 | UPDATED: 12:13 EST, 11 October 2013

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Marijuana smokers are using battery-powered e-cigarettes to smoke marijuana.

E-cigarettes are being touted by manufacturers as a healthier alternative to traditional cigarettes, but officials believe creative smokers are using the the devices to smoke marijuana undetected.

Cannabis, in liquid or wax forms, doesn't emit the pungent odor that marijuana smoked in plant-form does, making it easy to use the drug with the discreet gadget.



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Electronic high: E-cigarettes can be doctored for use with cannabis products that produce an odorless vapor

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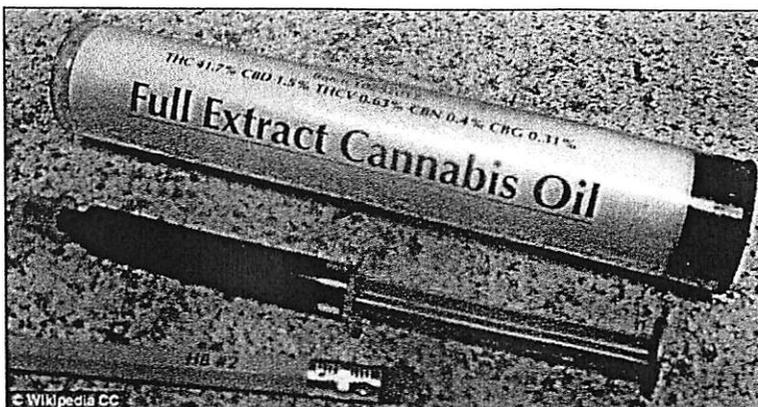


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Well oiled: Tobacco oil can be replaced with cannabis oils in e-cigarettes and smoked in public without fear of detection

'I was on the train from New York to Baltimore and I enjoyed the pen the whole way there and back with no one noticing,' one anonymous marijuana user told NBC.

'I absolutely was thinking "This is not bad at all."'

The portable vaporizers don't contain tobacco, but instead vaporize liquid nicotine.

Sales of e-cigarettes have soared in the past few years as more and more people take up the gadget, which emits no smoke and little to no odor, in favor of cigarettes.

Vaporizers for cannabis users have been around for a while, but now people are using e-cigarettes for the same purpose - and it's impossible to tell what exactly someone who is using an e-cigarette in public is inhaling.

CONTEXT
The U.S. Food and Drug Administration sent warnings to five makers of electronic cigarettes for marketing them illegally as stop-smoking aids and said on Thursday it intends to regulate the products as drugs.

ELECTRONIC CIGARETTES
How it works:
A user's inhalation or a press of a button activates the heater to atomize the liquid from the cartridge. Vapor is produced and LED lights up. Device mimics the sensation of pulling a normal cigarette minus the tobacco, carbon monoxide, tar, and ash.

Despite the claims of manufacturers, the WHO has not warned against their use stating there were no evidence to prove they were safe.

Graphic	USA CIGARETTES-FDA	Date	10/26/10
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Anatomy of an e-cigarette: The device generally has four components: cartridge, atomizer, battery and LED light

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The U.S. Center for Disease Control and Prevention released a report that shows the number of middle school and high school students who use e-cigarettes doubled between 2011 and 2012.

Authorities are troubled by the prospect of minors catching on to the trend and graduating from nicotine to marijuana.

As evidenced by the number of YouTube videos instructing smokers on how to doctor an e-cigarette for marijuana use, people are finding ways to use legal products illegally.

To combat e-cigarettes becoming a gateway for other more harmful substances, New York assemblywoman Linda Rosenthal introduced a bill last year making it illegal to sell e-cigarettes to minors.

'Once you try electronic cigarettes, you can become hooked to them, move on to cigarettes and then move on to other drugs,' Rosenthal told NBC.

Some other states, including New Jersey, New Hampshire and Maryland, have also banned the sale of e-cigarettes to minors.

There are currently no federal regulations in place for e-cigarettes.

Read more: I-Team: E-Cigarettes, Used to Smoke Marijuana, Spark New Concerns

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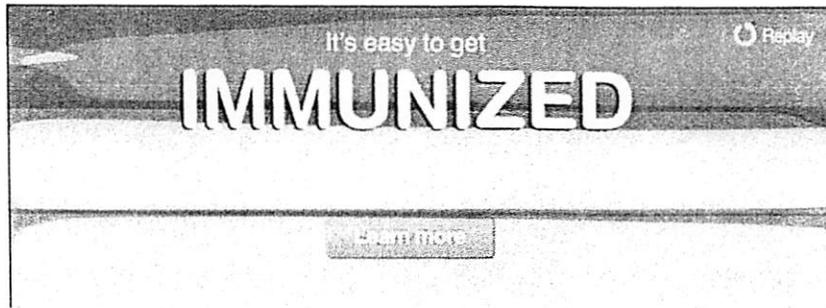


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By Deborah Leader, RN
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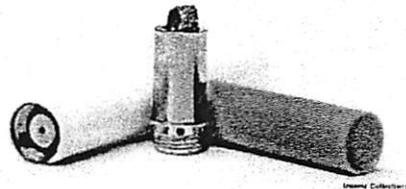
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E-Cigarettes. Photo courtesy of Flickr.com, user: Izuantiz Collections

Updated December 10, 2014.

Written or reviewed by a board-certified physician. See About.com's Medical Review Board.

What made you decide to try the e-cigarette? After reading this article, share your comments and read what

others have to say.

You can smoke them virtually anywhere. Many say they will help you quit smoking, a plus for people with COPD who often struggle with smoking cessation. Others are skeptical and afraid to try them. The FDA would like to regulate them as medical products. The e-cigarette industry feels that the FDA has no substantiated reason to do so.

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and lungs without really smoking.

There's a lot of talk going on about e-cigarettes, so before making a decision to use them, learn the facts about their pros and cons.

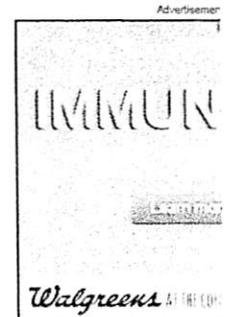
What are E-Cigarettes?

Electronic cigarettes, or e-cigarettes for short, are battery-powered devices filled with liquid nicotine (a highly addictive chemical) that is dissolved in a solution of water and propylene glycol. Many of them look like real cigarettes, with a white cylindrical tube, brown filter, and red-glowing tip. Others come in less conspicuous, darker colors.

How Do They Work?

Often termed "vaping," when you take a puff on the end of the e-cigarette tube, a battery heats up the nicotine, which creates a vapor that is then inhaled into the lungs. The result is a sensation of smoke in the mouth

Are E-Cigarettes Really Any Safer?
Quitting Smoking



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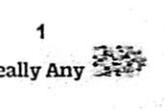
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The Upside to E-Cigarettes

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Unlike tobacco products, there are no current laws in effect prohibiting the use of e-cigarettes in public places. Case in point, I work in a hospital and a fellow nurse smokes them right there in the nursing station.

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Here's what current research says about the positive aspects of this product:

- In a study of 40 tobacco-dependent smokers, researchers concluded that smoking e-cigarettes alleviated the desire to smoke (after abstaining from smoking overnight), was well-tolerated, and pharmacologically more like a Nicorette inhaler than tobacco.
- Another study of 50 smokers who wanted to reduce the health risks associated with smoking, but not quit completely, concluded that the Eclipse brand of e-cigarettes dramatically decreased the consumption of cigarettes without causing withdrawal symptoms. In addition, when participants smoked Eclipse, the nicotine concentrations in their blood remained fairly stable and their desire to quit altogether remained intact. However, the study concluded that because the Eclipse increased carbon monoxide concentrations in the blood, it may not be a safer choice of cigarette. On the other hand, it caused few, significant adverse events.
- In a case study series, the e-cigarette was found to help three study participants – who all had a documented history of repeated failed attempts at smoking cessation using professional smoking cessation assistance methods – quit smoking and remain abstinent for at least 6 months.
- During an online survey conducted in 2010, researchers polled visitors of websites and discussion forums dedicated to the use of the e-cigarette and smoking cessation. Of the 3,587 participants, 70% were former smokers, 61% were men, and the median age was 41 years. On average, participants used the e-cigarette for approximately 3 months, drew 120 puffs/day, and used 5 cartridges/day. Almost all of them used cartridges that contained nicotine. Ninety-six percent said that the e-cigarette helped them quit smoking, while 92% said that it made them smoke less. A majority of the participants said the e-cigarette helped them fight cravings, cope with withdrawal symptoms, and avoid relapsing on cigarettes.



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The Downside of E-Cigarettes

If you are a savvy consumer, both positive and negative aspects of the the product you are considering should be scrutinized before you purchase it. The e-cigarette is no exception. Take a look at what some of the research says about the negative aspects of the e-cigarette:

- A 2010 research paper published in *Tobacco Control* suggests that the e-cigarette lacks important regulatory factors, such as essential health warnings, proper labeling, clear instructions on how to use them, and safe disposal methods. The authors of the study also found that some of the e-cigarette cartridges leaked, which could cause toxic exposure to nicotine.
- A study published in the December 2011 issue of *CHEST* found that the e-cigarette caused acute pulmonary effects after smoking it for only five minutes, although study authors pointed out that these effects may not be of clinical significance. During the study, 40 healthy non-smokers (30 experimental/10 control) were asked to smoke the e-cigarette ad lib for five minutes. The experimental group used the e-cigarette with the nicotine cartridge in place, while the control group smoked it with the nicotine cartridge removed. After five minutes, lung function was assessed using a variety of tests. Results showed that smoking the device for just five minutes caused an increase in impedance, peripheral airway flow resistance, and oxidative stress in the lungs of healthy smokers (smokers who are not diagnosed with lung disease or chronic health conditions.) They also pointed out that the study only measured results from smoking the e-cigarette for five minutes –

OP NEXT
Are E-Cigarettes Really Any Safer?

because the average consumer is likely to smoke the e-cigarette many times a day, this might increase the risks. However, the authors suggested that it is possible that if the e-cigarette were used as a short-term bridge to [smoking cessation](#), the benefits might outweigh the risks.

- On their website, the FDA states that states that "E-cigarettes may contain ingredients that are known to be toxic to humans, and may contain other ingredients that may not be safe." They also suggest that because e-cigarette manufacturers are not required to submit clinical study data to them, the public has no way of knowing "whether e-cigarettes are safe for their intended use, what types or concentrations of potentially harmful chemicals are found in these products, or how much [nicotine](#) they are inhaling when they use these products." The FDA is also concerned that the marketing efforts of e-cigarettes may increase addiction to nicotine, especially in young people, encouraging them to experiment with real tobacco products.

The Best Way To Quit Smoking

How you choose to quit smoking is a matter of personal choice. The best method is the one that works for you. With this in mind, doing whatever it takes to be successful – and safe – is how many people ultimately approach it.

Consult your health care provider about different [stop smoking aids](#), including [nicotine replacement therapy](#), quit smoking medications such as Clonidine and Wellbutrin, [quit smoking support groups](#), and [educational materials](#).

If you decide to try the e-cigarette, be sure to discuss this with your doctor and do your homework. Understand the pros, cons, and safety concerns, and then make an informed decision. The most important thing to remember is, no matter how you do it, you are making the best decision of your life when you finally decide to quit smoking, especially if you have COPD.

If you're interested in purchasing an e-cigarette starter kit, [compare prices here](#).

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