

# Hot Topics

## E-CIGARETTES: NOT A HEALTHY SUBSTITUTE

For years, many people have used lqmik, chew and cigarettes. Now a new product is becoming popular: electronic cigarettes or "e-cigs."

E-cigs are plastic or metal tubes, often shaped like cigarettes or cigars.

E-cigs turn liquid containing nicotine into vapor that you can inhale. The vapor is flavored like tobacco, menthol, fruits, bubble gum and even candy.

In 2013, e-cig sales reached nearly \$2 billion.



### DON'T BE FOOLED:



You might think e-cigs aren't nicotine products, but they are.

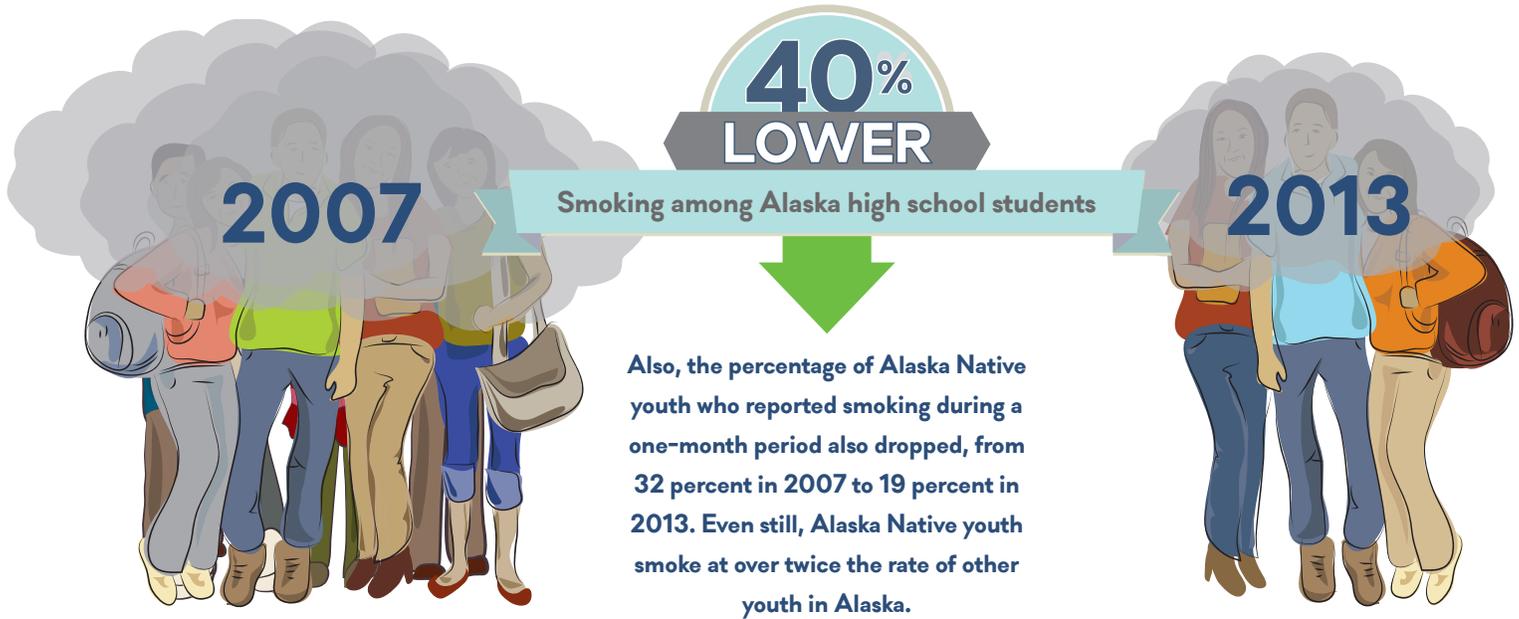
You may have heard that e-cigs are safe, but they are not.

Don't be fooled by slick ads, packaging, tempting flavors, and unproven claims. E-cigs may be as dangerous and addictive as real cigarettes.

E-cigs come in many shapes and sizes – not all of them look like cigarettes.



# SUCCESS: YOUTH SMOKING RATES ARE DROPPING



Help keep our kids, teens and young adults protected from, and informed about, the dangers of e-cigs. Let's keep our successes growing!



## Coming to Alaska Native Medical Center? Don't bring e-cigs!

- E-cigs are not allowed in the hospital
- E-cigs are not allowed anywhere on the Alaska Native Health Campus

## Want to quit using nicotine products?

The Alaska Native Tribal Health Consortium's Tobacco Prevention and Control Program staff can help you quit using tobacco and nicotine, whether it's chew, cigarettes or e-cigs. These services include:

- Education on the health risks
- Help with a plan to quit
- Medication options for helping quit
- Provision of replacement options, such as gum and patches

The amount of nicotine in e-cig cartridges is not shown, and e-cigs are not currently licensed as tools to quit smoking. E-cig marketing information shows that the makers of e-cigs are trying to promote nicotine use rather than treat addictions.

Until more information is available on the safety and ability of e-cigs to treat nicotine addiction, use existing, proven treatment methods.

Learn more by calling the Tobacco Info Line at (907) 729-4343, visiting [www.anthc.org/chs/wp/tobacco](http://www.anthc.org/chs/wp/tobacco) or [tobacco@anthc.org](mailto:tobacco@anthc.org).



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