



The Danger of e-Cigarettes

While e-cigarettes are relatively new to the market, concerns have already been raised about the safety of these increasingly popular devices. With much research yet to be done, here is what health experts know now...

- Electronic cigarettes, also known as e-cigarettes, e-vaporizers, or electronic nicotine delivery systems, are battery-operated devices that people use to inhale an aerosol, which typically contains nicotine (though not always), flavorings, and other chemicals.
- More than 460 different e-cigarette brands are currently on the market. Some common nicknames for e-cigarettes include e-cigs, e-hookahs, hookah pens, vapes, vape pens, and mods.
- E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.
- E-cigarettes can lead to nicotine addiction and increased risk for addiction to other drugs.
- E-cigarette use exposes the lungs to a variety of chemicals, including those added to e-liquids, and other chemicals produced during the heating/vaporizing process.
- The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including nicotine, ultrafine particles that can be inhaled deep into the lungs, flavoring such as diacetyl (a chemical linked to a serious lung disease), volatile organic compounds, cancer-causing chemicals, and heavy metals such as nickel, tin, and lead.
- E-cigarettes can cause unintended injuries; defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries.
- Some people believe e-cigarettes may help lower nicotine cravings in those who are trying to quit smoking. However, e-cigarettes are not an FDA-approved quit aid, and there is no conclusive scientific evidence on the effectiveness of e-cigarettes for long-term smoking cessation.

Sources: Centers for Disease Control and Prevention (www.cdc.gov), National Institute on Drug Abuse (www.drugabuse.gov)

There are a number of FDA-approved smoking and tobacco cessation products available to consumers, and your Caterpillar health plan benefits cover smoking and tobacco cessation counseling and prescriptions at 100%!* If you would like help quitting, contact your primary healthcare provider to schedule a smoking/tobacco cessation consultation. Learn more about the benefits of quitting and find additional **Smoking & Tobacco Cessation** resources at benefits.cat.com > **Wellness**.

*Benefit available to U.S. employees enrolled in a Caterpillar BCBS/UHC health plan.