

Vaping Basics

How E-Cigarettes Work

vaping

atomizer

vape pen

e-cigs

Terms

juice

electronic nicotine
delivery system

e-liquid

e-hookahs



Devices



Some E-Cigarettes Look Like Regular Cigarettes

But they have different components that include:

- A rechargeable lithium battery, that can be charged with a USB connector.
- A cartridge containing nicotine, flavoring and chemicals like glycerin or polyethylene glycol. (Since they are not regulated, they may not list all their ingredients).
 - An atomizer, which consists of a heating coil.
 - An LED light to simulate a burning cigarette.
- A sensor that registers when you take a drag and activates the atomizer and LED light.



Sometimes referred to as first generation products, as the first e-cigarettes on the market look a lot like this.

Vape Pens



These e-nicotine devices look more high-tech. They operate in much the same way as first generation e-cigs, but have a refillable chamber for e-liquid and are a bit larger in size.



Sometimes referred to as second generation products, because they were the second wave of e-devices. These can be purchased online and in specialty smoke-shops which also carry a wide variety of e-liquids in assorted flavors.



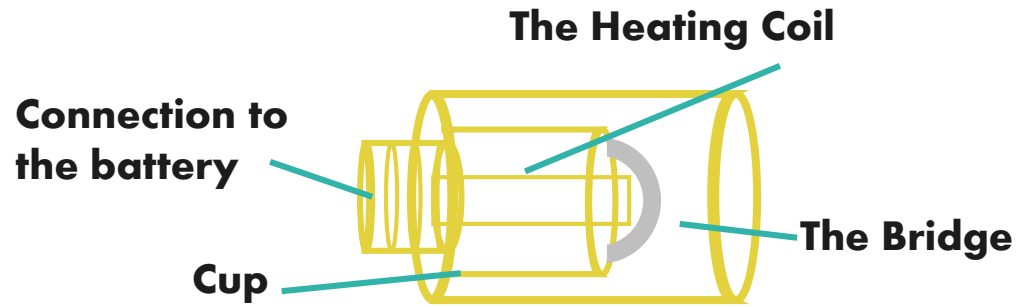
Even More Power

These larger vape devices can produce even more vapor than a standard vape pen.

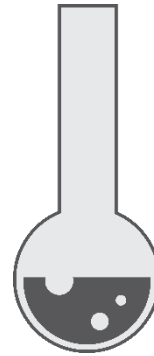
You can even purchase room vaporizers.

These are third generation products which are also available online and in specialty shops.

How They Work



The Atomizer



**Heats the Liquid
to Boiling**

**The Liquid Then
Becomes Vapor**

An atomizer heats the liquid (often called "e-juice") to its boiling point and that becomes vapor you can inhale. That is why smoking e-cigarettes is often called "vaping."

The Vapor

E-cigarettes produce large clouds of vapor, which have the subtle smell of whatever flavor e-liquid is in it.

Since e-cigarettes are not regulated, it's difficult to know exactly what's in the vapor every time. However we know it's **more than just water vapor.**

Some vapor has been proven to have harmful chemicals such as: **toluene, acetaldehyde, benzene, cadmium, formaldehyde, isoprene, nickel, lead, and nicotine.**

Public Health Concerns

Because the product is relatively new, the long-term health effects from the use of e-cigarettes have not been studied.

E-cigarettes are not regulated and producers are not obligated to disclose the ingredients.

Many tobacco users are seeing e-cigarettes as a smoking cessation tool. The Food and Drug Administration (FDA) has not approved e-cigarettes as smoking cessation devices.

89% of E-Cig
**Users are Still
Smoking Regular
Cigarettes After
One Year**

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