What’s in an E-Cigarette?
More than just water vapor!

E-liquids

E-liquids may contain traces of chemicals that can cause cancer (i.e. nitrosamines and formaldehyde).²

TOXIC in amounts as small as a few drops. Poisoning and even death can occur from drinking, inhaling or absorbing e-liquid through the skin or eyes.

Children exposed to e-liquid can experience vomiting, dangerously high heart rates, breathing problems & even death.¹

The American Association of Poison Control Centers reported 3,353 exposures from e-cig liquid in 2014, compared to 1,543 in 2013.²

Bottles can easily be opened by children who are drawn to the bright colors and flavors.

Nicotine & Lead

Propylene Glycol

Nitrosamines & Formaldehyde

Stillbirth, Premature Birth & Low Birth Weight

E-Cig Dangers

No professional health organization has approved e-cig use. No two e-cigs deliver the same amount of nicotine. No amount of nicotine is safe!²

Lead

Lead increases risk of Miscarriage & Premature Birth.⁵

Propylene Glycol

Poisonous, potentially lethal liquid used in several brands of e-cigs.²

Nicotine

Most e-cigs deliver nicotine, which is TOXIC to a baby. No amount of nicotine is safe!²

3. FDA. Summary of Results: Laboratory Analysis of Electronic Cigarettes Conducted By FDA, April 2014.

Call for help to Quit Smoking
1-800-784-8669

QuitNow Kentucky

March of Dimes

Kentucky Folic Acid and Perinatal Partnership
What’s in a Cigarette?
These are the most lethal to you and your baby!

Nicotine & Carbon Monoxide
Nicotine limits the amount of nutrients baby receives which can slow baby’s growth. It also increases baby's heart rate & delays brain development. Carbon Monoxide reduces baby’s oxygen supply.\(^1\,^2\)

Formaldehyde
Is an embalming fluid known to cause cancer.

Arsenic
Causes cancer & damage to heart & blood vessels. It can also interfere with DNA's ability to repair itself.\(^3\,^4\)

Hydrogen Cyanide
Used as a chemical weapon; damages heart & blood vessels.\(^3\,^4\)

Benzene
Causes leukemia, genetic damage, birth defects, cancer, & miscarriage.\(^4\)

Tobacco Specific Nitrosamines
Damages DNA of exposed adults & babies; linked to lung, oral, liver, pancreatic & esophageal cancers.

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1. [http://www.acog.org/Patients/FAQs/Tobacco-Alcohol-Drugs-and-Pregnancy](http://www.acog.org/Patients/FAQs/Tobacco-Alcohol-Drugs-and-Pregnancy)
2. [http://www.med.umich.edu/yourchild/topics/shsmoke.htm#preg](http://www.med.umich.edu/yourchild/topics/shsmoke.htm#preg)