



Defend Yourself

Read these excerpts from *DrugFacts: Cigarettes and Other Tobacco Products*.¹

Electronic Cigarettes

Are They Safe?

Although e-cigarette vapor does not contain the tar currently responsible for most lung cancer and other lung diseases, it has been shown to contain known carcinogens and toxic chemicals (such as formaldehyde and acetaldehyde), as well as potentially toxic metal nanoparticles from the vaporizing mechanism.

[T]he long-term health consequence of e-cigarette use remains unknown.¹

Can They Help People Quit Smoking Traditional Cigarettes?

Studies of the effectiveness of e-cigarettes have not shown they help with smoking cessation. It has also been suggested that they could perpetuate the nicotine addiction and actually interfere with quitting.

In fact, early evidence suggests that e-cigarette use may not only put users at risk for nicotine addiction but also serve as an introduction to nicotine that could lead to use of regular cigarettes and other tobacco products. A recent study showed that students who have used e-cigarettes by the time they start 9th grade are more likely than others to start smoking traditional cigarettes and other smokable tobacco products within the next year.¹

NOW, ANSWER THESE QUESTIONS:

- 1) According to the excerpts, e-cigarettes:
 - a. introduce users to nicotine
 - b. put users at risk for nicotine addiction
 - c. may interfere with quitting smoking
 - d. all of the above
- 2) Based on context, the word “cessation” probably means:
 - a. a starting of some action
 - b. a stopping of some action
 - c. smoking
 - d. tobacco
- 3) E-cigarettes contain:
 - a. carcinogens (cancer-causing agents)
 - b. formaldehyde
 - c. nicotine
 - d. all of the above
- 4) According to a recent study, students who’ve used e-cigarettes by the time they start 9th grade are more likely to do which of the following within the next year?
 - a. become addicted to nicotine
 - b. get lung cancer
 - c. start smoking traditional cigarettes and other smokable tobacco products
 - d. understand the long-term health consequences

Finally, work together in pairs or small groups to write and perform a skit about a tween or teen being pressured by peers to try e-cigarettes. Use the information below for ideas.

“[C]igarette smoking results in...about 1 in every 5 U.S. deaths [each year]—and an additional 16 million people [each year] suffer with a serious illness caused by smoking.”¹

“Similar to...cocaine and heroin, nicotine increases levels of the neurotransmitter dopamine, which affects the brain pathways that control reward and pleasure. For many tobacco users, long-term brain changes induced by continued nicotine exposure result in addiction—a condition of compulsive drug seeking and use, even in the face of negative consequences.”¹

¹ “DrugFacts: Cigarettes and Other Tobacco Products,” revised August 2015. NIH: National Institute on Drug Abuse – The Science of Drug Abuse and Addiction. Accessed February 6, 2016. <http://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products>