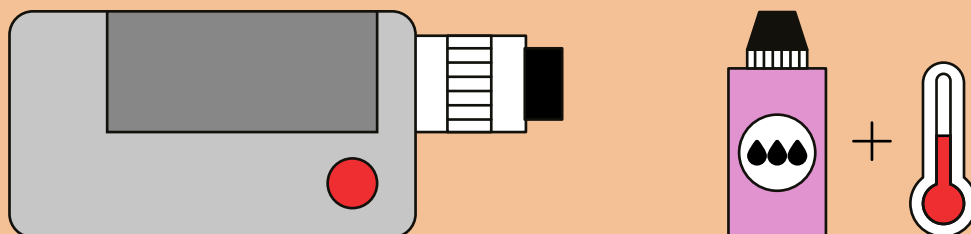


FACTS ABOUT ELECTRONIC CIGARETTES



- Electronic cigarettes (e-cigarettes) are harmful to health.
- E-liquids used in e-cigarettes may or may not contain varying amounts of nicotine and harmful substances.
- When e-liquid contains nicotine, the aerosol also contains nicotine.
- Several components found in e-cigarettes are of concern, including heavy metals (such as chromium, nickel, tin and lead) and carbonyls (such as formaldehyde, acetaldehyde, acrolein and glyoxal).
- Carbonyl compounds are potentially hazardous to users. Formaldehyde is a human carcinogen, acetaldehyde is possibly carcinogenic to humans, acrolein is a strong irritant of the respiratory system and glyoxal shows mutagenicity.
- Certain flavourings, such as diacetyl, cinnamaldehyde and benzaldehyde, have been cited as a source of health concern when heated and inhaled. For example, diacetyl has been linked to serious lung disease.
- E-cigarettes have been linked to a number of physical injuries and burns from explosions of the devices.
- Intentional or accidental exposure to e-liquid (skin or eye contact or swallowing poisonous e-liquid) can result in adverse health effects, sometimes fatal.
- Flavoured e-cigarettes (like fruit, candy, mint or other) carry the same health risks as unflavoured products.

Source

Electronic nicotine and non-nicotine delivery systems: a brief. Copenhagen: WHO Regional Office for Europe; 2020 (<https://apps.who.int/iris/handle/10665/350474>, accessed 15 June 2023).



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