

CAADE BOARD RESOLVES TO SUPPORT ELECTRONIC CIGARETTES AS A HARM REDUCTION TOOL FOR SMOKERS



Resolved October 13, 2012:

The California Association for Alcohol/Drug Educators (CAADE) supports efforts by the addiction treatment community to utilize its treatment expertise in developing tobacco cessation tools that include both abstinence-based and harm-reduction models including the use of electronic cigarettes.

FAQ's below were retrieved from

[CASAA - THE CONSUMER ADVOCATES FOR SMOKE-FREE ALTERNATIVES ASSOCIATION](http://www.casaa.org)

What are electronic cigarettes?

Electronic cigarettes (also known as e-cigarettes or personal vaporizers) are an alternative to tobacco cigarettes. They are battery-operated devices that create an inhalable, water-based mist instead of smoke. The rechargeable battery powers a heating element called an "atomizer." The element uses low heat to turn liquid in the cartridge, which contains propylene glycol, glycerin, food flavoring and nicotine, into a fog-like mist.

There are many models of e-cigarettes available. Some look like traditional cigarettes, others look similar to a pen and some even look like small flashlights. Some have LED lights, some have built-in liquid reservoirs, others have combined atomizer cartridges, some are tubular and some are even rectangular boxes. They come in all shapes and sizes and have different features for former smokers who wish to distance themselves from anything resembling a traditional cigarette or want a longer battery life and/or better performance.

Are e-cigarettes safe?

While anything containing nicotine cannot be called 100% safe, evidence from numerous studies strongly suggests that they are magnitudes safer than tobacco cigarettes. Harm reduction experts can point to research supporting that switching from cigarettes to a smokefree product will reduce health risks to less than 1% of smoking traditional cigarettes - nearly the same as non-smokers. For tobacco harm reduction health professionals, it is misleading and irresponsible for public health officials to tell smokers that smokeless products, such as e-cigarettes, are "not a safe alternative to smoking" simply because they are "only" 99% safer and not 100% safe.

Do e-cigarettes contain anti-freeze?

No. This myth was created by a 2009 FDA press statement regarding electronic cigarettes. The FDA tested 18 cartridges from 2 companies. Of those 18 cartridges, 1 tested positive for a non-toxic amount of diethylene glycol (approximately 1%). While diethylene glycol is occasionally used in anti-freeze, the chemical is not a standard ingredient in e-cigarette liquid and it has not been found in any other samples tested to date.

The base liquid for e-cigarette liquid is usually propylene glycol. Propylene glycol is considered GRAS (Generally Recognized As Safe) by the FDA and EPA. While it is also sometimes found in anti-freeze, it is actually added to make the anti-freeze less toxic and safer for small children and pets. Propylene glycol is a common ingredient found in many of the foods we eat, cosmetics we use and medications we take. It is also used in the fog machines used in theaters and night clubs.

Read more: <http://e-cigarette-forum.com>

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Do e-cigarettes cause cancer just like tobacco cigarettes?

Though testing by the FDA and other labs have discovered trace amounts of tobacco-specific nitrosamines, which are known to cause cancer with high exposure, the amounts found were extremely low and unlikely to cause cancer. To put it in perspective, an e-cigarette contains nearly the exact same trace levels of nitrosamines as the FDA-approved nicotine patch and about 1,300 times less nitrosamines than a Marlboro cigarette.

Are e-cigarettes approved or regulated by the FDA?

The FDA currently considers e-cigarettes to be tobacco products. Originally, it claimed that e-cigarettes are being used as smoking cessation devices and therefore they needed to be regulated the same as pharmaceutical nicotine replacement therapy drugs (NRTs). In 2009, the FDA ordered customs officials to start seizing e-cigarette shipments coming into the country.

Contrary to some media reports and comments by legislators, regulation as a "tobacco product" under FSPTCA does not mean that e-cigarettes are automatically regulated in the exact same manner as tobacco cigarettes, ie., subject to PACT, flavoring prohibitions and indoor use bans nor subject to the same tax rates. However, it does mean sales of these products to minors are finally prohibited by law.

What e-cigarette brand most looks and tastes like a real cigarette?

This is the most common question on e-cigarette forums. The best answer to that question is "none" and "it doesn't matter."

Since those considering e-cigarettes are usually seeking to replace tobacco cigarettes, they are under the assumption that having the most realistic, tobacco-flavored e-cigarette will bring the most satisfaction. The truth of it is that after switching to e-cigarettes for a few weeks, the vast majority of users discover that looks ultimately don't matter - performance does. And the best performing e-cigarettes don't necessarily look anything like traditional cigarettes because they require larger batteries. And the most popular flavors with experienced users are often as far from tobacco-tasting as one can get.

One problem is that none of the tobacco flavors really taste like burning tobacco - they taste more like fresh tobacco smells and slightly sweet. So, experienced e-cigarette users will tell you that nothing tastes exactly like a burning tobacco cigarette. But, we know you won't believe us and insist on buying something that looks and tastes like a tobacco cigarette. That's ok - we've all been there!

Can e-cigarettes help me quit smoking?

There is a lot of anecdotal evidence and even some scientific research surveys that strongly indicate that e-cigarettes are an effective alternative to smoking. Surveys show that up to 80% of e-cigarette users quit smoking traditional cigarettes while using e-cigarettes.

However, while some users have gradually reduced the nicotine levels down to zero, the majority of e-cigarette users treat the devices as an alternate source of nicotine and not as a nicotine cessation program. So there is not as much scientific evidence yet that show how effective e-cigarettes are when used to treat or cure nicotine addiction. Yet, anecdotal reports by users who have used e-cigarettes as a way to wean from nicotine also indicates they seem to be very effective way to break smoking triggers and dramatically reduce nicotine levels. As with pharmaceutical NRTs, it depends upon the smoker and the strength of his or her addiction and resolve to quit. E-cigarettes also appear to be a much safer option for short-term use in the event of relapse.

The good news is, nicotine by itself has very low health risks, so switching to e-cigarettes can be nearly as good as quitting altogether. The most important thing for those who cannot or will not quit nicotine to do is to stop the exposure to the harmful chemicals in cigarette smoke and e-cigarettes can help them do it.

What is CASAA's involvement in e-cigarette research?

In late 2010, CASAA's board of directors discussed CASAA's mission in relation to the current and future involvement in smokeless and e-cigarette research and studies and concluded that CASAA does not have the funding nor the staff to endorse, supervise and/or fund any ongoing research. At that time, the Board agreed to discontinue fundraising for research projects and instead continue to direct its efforts and funding toward the continued education of the public, media and legislators about tobacco harm reduction; provide public access to completed research and studies; and to continue the fight to keep smokeless alternatives available, effective and affordable.

To that end, CASAA forwarded any donations contributed by its members to the studies for which they were intended and voted not to do any more fundraising exclusively for research. Additionally, because CASAA has no first-hand involvement with any research or studies, we are unable to comment on the current progress, fundraising, validity or administration of any ongoing studies.

CASAA does and always will encourage the use of scientific and unbiased research to provide the public with the truth about the safety of e-cigarettes for both the user and bystanders.

Check Out Our Executive Director on VapeTeam's Live Broadcast

Click the video image or go to: <http://www.youtube.com/watch?v=7z8vCOjexsE&feature=plcp>
Thanks Vape Team!



The image shows a YouTube video player interface. At the top, the YouTube logo is on the left, and a search bar and 'Browse' link are on the right. The video title is 'VPLive Vape Team Episode #46: THR and Addiction'. Below the title, there are buttons for 'vapeteam', '+ Subscribe', and '81 videos'. The video player itself shows a split-screen view of two people. A man on the left is holding a vape pen. A woman on the right is speaking. A blue banner at the bottom of the video identifies 'DR. LORI PHELPS' as 'DIRECTOR @ CAADE - CAADE.ORG' and includes the 'VPLIVE Vape Team' logo. The video progress bar shows '0:34:27 / 2:01:06'. Below the video, there are 'Like', 'Add to', and 'Share' buttons, and a view count of '1,507'. At the bottom, it says 'Published on Nov 1, 2012 by vapeteam' and '23 likes 0 dislikes'.

