Sentara Health Plans

MyLife MyPlan

The truth about electronic cigarettes

What are e-cigarettes?

Electronic cigarettes, or e-cigarettes, are part of the electronic nicotine delivery systems (ENDS) group, which includes e-pens, e-pipes, e-hookah, e-cigars and "vaping" products. E-cigarettes are the most commonly used tobacco product among today's youth and are known to have many harmful effects.

E-cigarettes are battery-operated and work by heating e-liquid from a cartridge, releasing a chemical filled "smoke" which is inhaled and then exhaled.

What is inside e-cigarettes?

The e-liquid inside ENDS products contains many dangerous chemicals. When the e-liquid heats up, toxic chemicals are formed that can cause irreversible damage to the brain, lungs, blood vessels, and more.

E-cigarettes have NOT been found safe or effective in helping smokers quit. In fact, youth or young adults using e-cigarettes are at an **increased** risk of using traditional cigarettes.

Known chemicals include:

- **Nicotine**: A highly addictive chemical that negatively affects adolescent brain development.
- **Propylene glycol**: A common additive in food and cosmetics. It causes harm to the lungs and eyes.
- **Formaldehyde and acetaldehyde**: These cancer-causing ingredients are also found in traditional cigarettes.

Sources:

E-Cigarettes & Vaping, American Lung Association, 2026, **lung.org/quit-smoking/e-cigarettes-vaping**

E-cigarettes (Vapes), Centers for Disease Control and Prevention, 2025, **cdc.gov/tobacco/e-cigarettes**

For more information, visit **sentarahealthplans.com/quitsmoking**

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Free tobacco cessation resources

For help with stopping the use of these or other tobacco products:

Stay Smokeless for Life

Sentara Health Plans designed this self-paced tobacco cessation program to help tobacco users quit. This program teaches about the nature of nicotine addiction and effective ways to control dependency and addiction. Visit **sentarahealthplans.com/mylifemyplan** to learn more.

WebMD® Health Services

Discover resources that can help you beat tobacco, including counseling, online tracking, and quick reads to keep you on track. Log in to **sentarahealthplans.com/mylifemyplan** and select Wellness Tools. Click on Daily Habits at the top of your WebMD portal homepage and select Quit Tobacco.

State Quitline

A state-funded tobacco cessation program with counseling and free nicotine replacement therapy. Call **1-800-QUIT-NOW** (1-800-784-8669) for assistance.

Staying Healthy programs

Eating for Life
Develop healthy eating and exercise habits

Stay Smokeless for Life
Quit tobacco to improve your health

Guided meditation
Experience a retreat from everyday stressors

Healthy Habits Healthy You
Develop habits to prevent diabetes and heart disease

Tai Chi
Learn to mentally and physically relax

MoveAbout
Learn about staying physically active every day

Yoga
Stretching and strengthening exercises

Sleep Better
Learn about the importance of sleep

Stress Less
Learn to prevent and manage stress in your daily life

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