

# 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.

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Sources: E-Cigarettes & Vaping, American Lung Association, 2025, [lung.org/quit-smoking/e-cigarettes-vaping](http://lung.org/quit-smoking/e-cigarettes-vaping); E-cigarettes (Vapes), Centers for Disease Control and Prevention, 2025, [cdc.gov/tobacco/e-cigarettes](http://cdc.gov/tobacco/e-cigarettes)



For more information, visit  
[sentarahealthplans.com/quitsmoking](http://sentarahealthplans.com/quitsmoking)

# 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](http://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](http://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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