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Smoking Facts

www.lung.org > [Stop Smoking](#) > [Smoking Facts](#)

- Stop Smoking
 - Smoking Facts
 - Health Effects
 - E-Cigarettes**
 - What's In a Cigarette?
 - Impact of Tobacco Use
 - Kids and Smoking
 - I Want to Quit
 - Help Someone Quit
 - Helping Teens Quit
 - Join Freedom From Smoking

E-Cigarettes

Electronic cigarettes, or e-cigarettes, are tobacco products that have been sold in the U.S. for about a decade. They include e-pens, e-pipes, e-hookah, and e-cigars, known collectively as ENDS—electronic nicotine delivery systems. They're also sometimes called JUULs, "vapes" and "vape pens." E-cigarettes are the most commonly used tobacco products among kids—and it's become an epidemic. While much remains to be determined about the lasting health consequences of e-cigarettes, there's evolving evidence about the health risks of e-cigarettes on the lungs—including irreversible lung damage and lung disease.

The American Lung Association is very concerned that we are at risk of losing another generation to tobacco-caused diseases as the result of e-cigarettes. The Lung Association remains extremely troubled about the rapid increase of youth using these products and has repeatedly called upon the Food and Drug Administration (FDA) to increase their oversight and scrutiny of these products to protect kids.

What You Need to Know About E-Cigarettes

Below are answers to common questions about e-cigarettes, including health consequences, risks of secondhand emissions, kids and e-cigarettes and FDA oversight.

[What Are E-Cigarettes?](#)



What Are E-Cigarettes?

What's in E-Cigarettes?

Are E-Cigarettes a Gateway to Youth Smoking?

The National Academies of Science, Engineering and Medicine concluded there is "substantial evidence" that if a youth or young adult uses an e-cigarette, they are at increased risk of using traditional cigarettes.

What Are the Health Consequences of E-Cigarette Use?

Can E-Cigarettes Help Smokers Quit?

The Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit. If smokers are ready to quit smoking for good, they should call 1-800-QUITNOW or talk with their doctor about finding the best way to quit using proven methods and FDA-approved treatments and counseling.

How Can Smokers Quit?

Are There Risks of Secondhand E-Cigarette Emissions?

Why Isn't More Being Done to Protect Kids from E-Cigarettes?

Sources



Ask An Expert
 Questions about your lung health? Need help finding healthcare? Call 1-800-LUNGUSA.

[Get help](#)

We need your generous support
 Make a difference by delivering research, education and advocacy to those impacted by lung disease.

[Donate now](#)

What is LUNG FORCE?
 LUNG FORCE unites women and their loved ones across the country to stand together in the fight against lung cancer.

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