

## Electronic Cigarettes and Health Reveals Health Risks of Electric Water Vapor Cigarettes

*Do electronic cigarettes cause lung cancer and heart disease? What are the health risks of electric cigarettes? Electronic Cigarettes and Health discusses these questions in detail.*

**Online PR News – 26-December-2011**– Are Electronic Cigarettes completely harmless? Can these water vapor cigarettes actually help people quit smoking? Are E-cigs better than popular Nicotine Replacement Therapies (NRTs) such as nicotine patches, gums and lozenges? How much nicotine does one inhale with each puff? What are the health risks of electronic cigarettes? What scientific experiments have been carried out to test the efficacy and health risks of e-cigarettes? These topics are addressed in detail by [Electronic Cigarettes and Health](#).

“Our goal is to educate people on the pros and cons of vapor cigarettes, especially from a health perspective. We invite our readers to the discussion on [Electronic Cigarette Health Risks](#) and to share their thoughts and experiences” says the creator of <http://ElectronicCigarettesAndHealth.com/Electric-Vapor-Cigarette-Health-Risks/>

Tobacco In Cigarettes Can Cause Lung Cancer, Heart Attacks And Death

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### **Are electronic cigarettes as healthy as their manufacturers say they are? How to quit smoking using vapor cigarettes? How much nicotine is inhaled with each puff of an electric cigarette? Does inhaling pure nicotine cause cancer and heart disease?**

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Combustion of tobacco produces over 4,000 chemicals including at least 44 known toxicants. Some of these combustion products of tobacco, collectively referred to as ‘tar’, can give rise to cancers of the lungs, mouth, throat, stomach, bladder and other organs. Smoking also causes heart attacks (30% of all heart disease related deaths result from cigarette smoking). 1 out of every 3 adult smokers die from their addiction and over 400,000 Americans die every year prematurely due to tobacco use.

How About Nicotine Without Tobacco?

The addictive substance in tobacco is nicotine. What if there was a system that could deliver nicotine without the cancer causing tobacco? Electronic cigarettes, also known as electric cigarettes or water vapor cigarettes have been produced based on this principle. Instead of tobacco, the cartridges inside these electric cigarettes contain liquid nicotine which it vaporizes using micro-electronics, with each puff. Popular Nicotine Replacement Therapies such as nicotine patches and gums also work on a similar principle.

Do Electronic Cigarettes Cause Cancer and Cardiovascular Disease?

E-cig manufacturers are confident that they are harmless because they don’t contain tobacco. But is inhaling pure nicotine safe? Is propylene glycol, the chemical in which nicotine is dissolved, safe? How much nicotine is inhaled with each puff? Is it higher or lower than the quantity inhaled when smoking a regular cigarette? Are all vapor cigarettes equal? Is there a better and safer electronic cigarette? The answers to

these and many other topics related to electronic cigarettes are discussed in detail on <http://ElectronicCigarettesAndHealth.com/Electric-Vapor-Cigarette-Health-Risks/>

To quit or not to quit? While some vapers (electronic cigarette users) use electric cigarettes as 'stop smoking aids' and eventually quit smoking (smoking cessation) as well as vaping (using e-cigs), others continue using them because they are much less harmful, if not harmless compared to conventional cigarettes with tobacco. More on [how to quit smoking](http://ElectronicCigarettesAndHealth.com/How-To-Quit-Smoking/) using electric cigarettes can be found on <http://ElectronicCigarettesAndHealth.com/How-To-Quit-Smoking/>

## Image Gallery



Are there health risks associated with Electronic Cigarettes?

## Media Information

Cassandra Distefano

[cass@electroniccigarettesandhealth.com](mailto:cass@electroniccigarettesandhealth.com)

<http://ElectronicCigarettesAndHealth.com/>

Millbrook Road

Burr Ridge

IL

61257

United States