

Mayo Clinic Minute

New Health Risks of E-cigarettes

Video	Audio
Vivien Williams	E-cigarettes. They're safer than regular cigarettes right? Well, maybe not.
Jon Ebbert, M.D. Nicotine Dependence Center Mayo Clinic	"There is an increasing body of literature talking about the risks associated with electronic cigarettes."
Vivien Williams	Research from UC San Diego shows e-cigarettes are toxic to the airways, cause inflammation, dampen the immune system and may make you more susceptible to bad bacterial infections. They studied this in mice.
Jon Ebbert, M.D. Nicotine Dependence Center Mayo Clinic	"I think we need to be very clear as clinicians that these electronic cigarettes have an unknown safety profile. They're not regulated by the Food and Drug Administration. They're not regulated by good manufacturing practices."
Vivien Williams	Mayo Clinic addiction expert Dr. Jon Ebbert says because e-cigarettes aren't regulated, we don't know exactly what's added to the nicotine. We don't yet know all of the potential health risks.
Jon Ebbert, M.D. Nicotine Dependence Center Mayo Clinic	"A lot of those additives or flavoring agents could potentially cause cancer."
Vivien Williams	Plus Dr. Ebbert says e-cigarettes also have the potential to introduce people to the use of conventional cigarettes.
	I'm Vivien Williams, and for more health news, visit the Mayo Clinic News Network.