

Mayo Clinic Minute: Are e-cigarettes safe?

VIDEO	AUDIO
	The use of electronic cigarettes, also called vaping, has exploded in the last five years.
GRAPHIC: J. Taylor Hays, M.D. Director Mayo Clinic Nicotine Dependence Center	“There are probably 600 different kinds you can purchase on the internet. There are 7 to 8,000 different solutions that you can purchase.”
	Dr. Taylor Hays, director of the Mayo Clinic Nicotine Dependence Center, says e-cigarette manufacturing is a relatively unregulated industry. And, while some people might think they are safe to vape, Dr. Hays says the harmful chemicals in that vapor are similar to tobacco smoke but at much lower levels.
Dr. Hays	“It’s safer, but it’s not safe. What we don’t know are what long-term effects will these lower-level toxicants have.”
	Dr. Hays says some patients prefer to use e-cigarettes as an aid to stop smoking. He says, while vaping is less harmful than smoking cigarettes, there are safer and proven effective alternatives for people who want to quit smoking.
Dr. Hays	“And that’s behavioral counseling — even brief counseling — and approved medications.”
	For the Mayo Clinic News Network, I’m Jason Howland.