

## **Popularity of E-cigars on the Rise**

As the restrictions on tobacco become ever more restrictive, the use of electronic cigars and cigarettes is gaining in popularity. With the April 2009 tax increase on tobacco and President Obama's recent new law placing restrictions on the sale, advertising, manufacture and labeling of tobacco products, smokers everywhere are looking for alternatives. E-cigars and e-cigarettes are becoming a more sensible and cost-effective alternative to tobacco.

### **What is an E-cigar?**

An e-cigar is an electronic, battery operated vaporizer that contains a nicotine-laced liquid. The user puffs on the e-cigar to generate a vapor, which is delivered into the mouth of the user. This simulates a traditional tobacco cigarette experience. A light-emitting diode (LED) on the end of the e-cigar lights when in use, to indicate that the device is working.

### **Nicotine is Addictive**

The active ingredient of e-cigars (nicotine) is an addictive substance that is also found in tobacco products. It is for this reason that e-cigars are not available for sale to minors.

The popularity of e-cigars comes as the number of no smoking areas grows. Increasingly, restaurants, clubs, office buildings and other public areas (even outdoor areas) are allowing e-cigars into their establishments, even though laws forbid smoking.

### **Safety?**

The safety of e-cigars has been called into question, but has never been linked to health issues. With all the overwhelming evidence against tobacco, it stands to reason that e-cigars have the potential to cause much fewer health problems. Since e-cigars produce no smoke, there is no 2<sup>nd</sup> hand smoke risk. No tar means that e-cigars won't coat the user's lungs with the substance. Since e-cigars produce no butts or ash, there is far less waste to deal with, making e-cigars environmentally friendly. Finally, because no flame or burning is involved, there is no risk of fire or burns.

### **Not for Men Only**

Although e-cigars appeal to men in a similar way that tobacco cigars appeal to men, women are getting into e-cigars in record numbers. 411,000 hits are produced when the phrase "women smoke cigars" is searched on Google. Dozens of famous women are known to use tobacco cigars – Demi Moore and Madonna are but two of the more visible. It stands to reason that women, who are in general more attuned to health and environmental concerns, would use e-cigars in increasing numbers. A New Yorker article: "Smoldering Desires" states that women find e-cigars relaxing, fun to do with other women and that using e-cigars sets them apart from the average woman.

### **Health Benefits**

Some wannabe smokers cite allergies to smoke as a reason to refrain from cigars. However, e-cigars don't have that problem, since there is no smoke emitted. In addition, there is no tar, no carcinogens and no smoke odor. Fire hazards are common with tobacco products – just last week a cabinet maker in Iowa burned down because a cigarette was left burning unattended. Likewise, cancer of the lungs, esophagus, oral cavity, larynx and pancreas (all caused by tobacco use) are eliminated by using e-cigars. Similarly, coronary heart disease and chronic obstructive pulmonary disease can be avoided. It is well-known that 20-40% of adolescents have tried smoking – wouldn't it be better if they used e-cigars instead, to prevent health issues?

### **E-cigars and golf, Coffee and poker...**

According to an About.com article by [Gary Manelski](#), coffee is the #1 drink that accompanies cigars. For activities, recreational golf and poker rank tops. Since cigar use is all about relaxation, people everywhere are discovering the additional relaxation that is possible with e-cigars. Remove the guilt that comes with health side-effects, and the enjoyment and relaxation goes through the roof!