



January 2016

# YOU SHOULD KNOW

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Paul F. Oliveri, Esq. -  
Founding Member of

Oliveri & Schwartz, P.C. -  
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Dear Ana,

This year a growing number of smokers will turn to e-cigarettes to help them quit smoking. But recent studies indicate that e-cigarettes may actually make it harder to kick the habit, while masking several other serious health hazards. Take a look!



## THE DOCKET /

### *Exploding Batteries Injure Some Smokers*

## Unregulated E-Cigarettes Mask Hidden Dangers



*E-cigarette use among teens tripled from 2013 to 2014, alarming health officials.*

lower your tobacco use or stop smoking, *You Should Know* about the hidden dangers associated with this increasingly popular product.

[Inside Scoop Here >>>](#)

The new year often brings new beginnings. Resolutions to lose weight, save more money or finally start that big home improvement project may be high on your list.

Many of us will also resolve to quit smoking, and some will turn to e-cigarettes as a way to stop gradually. But do they deliver as promised? Before you use e-cigarettes as a way to

## BY THE NUMBERS /

**3x**  
Growth

Teenage use of e-cigarettes has tripled in recent years, making e-cigarettes more popular now among teens than traditional cigarettes. The CDC [warns](#) that nicotine use in teens can harm brain development.

**500**  
Brands

There are over 500 different brands of e-cigarettes, with 7,700 flavors of nicotine liquid. None of these brands or liquids are regulated [by the FDA](#).

**25%**  
Yearly

Sales in the U.S. e-cigarette industry [will grow](#) by a projected 25 percent per year through 2018 and may surpass traditional tobacco cigarette sales in 10 years.

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## BOOKMARK FAVORITES /



### E-Cigarette Use May Not Help Smokers Stop Smoking As Often Believed

Seventy-five percent of people who use e-cigarettes practice dual use by also smoking traditional cigarettes instead of using them as a way to stop smoking. [View video.](#)



### Chemically-Laden Candy Flavors Pose Hazards to Smokers, Entice Young People

A recent Harvard study shows the presence of harmful chemicals in many e-cigarette flavors. [View video.](#)



### FAA Bans E-Cigarettes From Checked Baggage to Prevent Explosions

The FAA has issued a warning that the lithium-ion batteries found in e-cigarettes can pose a fire hazard in cargo holds of airplanes. [View video.](#)



## Concussions: A Sneak Peek at Our February Issue

A new report documents the impact of litigation on the investigation of concussions in professional sports and sports at all levels.

[Read here](#)



## Public Enemy Number One: Forced Arbitration

Forced arbitration is a growing threat to the safety and legal rights of all Americans, says Julia Duncan, director of federal programs for the American Association for Justice.

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