

# The truth about vaping and e-cigarettes

Many people believe vaping and e-cigarettes are less harmful than smoking. Although e-cigarettes may not contain tobacco, they do contain nicotine, which is highly addictive. That's why vaping and e-cigarettes are not a safe alternative for smoking. Adults who are currently not using tobacco products should not start using e-cigarettes.

## E-Cigarette and Vaping Health Risks

In addition to nicotine addiction, there are other ways vaping and e-cigarettes can harm your body. The aerosol inhaled can contain harmful and toxic chemicals. Some of these chemicals include:

- Acrolein (used as a weed killer and can cause irreversible lung damage)
- Diacetyl (a chemical flavoring linked to serious lung disease)
- Diethylene glycol (a toxic chemical used in antifreeze and linked to lung disease)

## Are E-Cigarettes Addictive?

Both e-cigarettes and traditional cigarettes contain nicotine. Nicotine levels can vary among products, but many e-cigarettes contain a very high level of nicotine. Some contain more nicotine than traditional cigarettes. One of the more popular e-cigarette brands on the market is JUUL. One JUUL pod claims to contain the same amount of nicotine as one pack of 20 cigarettes.

## Can E-Cigarettes Help You Quit Smoking?

E-cigarettes and vaping are not approved by the U.S. Food and Drug Administration (FDA) as an aid to quit smoking. Most adults do not quit smoking. Instead, they end up using both regular cigarettes and vaping.



## How to Quit Smoking.

There has been little research to show that vaping and e-cigarettes are effective for helping adults quit smoking. There are other safe and effective ways to quit. Try following these steps:

- Develop your quit plan and set a date to quit.
- Choose your reasons for quitting and develop a strategy to deal with cravings.
- Learn your triggers for smoking. These are the things you do throughout your day that make you want to smoke.
- Get help. Talk to your friends and family about your plan and ask for their support.
- Try a nicotine replacement therapy. There are several over-the-counter and prescription medications. Talk to your doctor about which what is best for you.

## Helpful Resources

There are many resources to help you quit. Here are just a few:

- Talk to your doctor.
- Call us! We can help you find a program and resources that are right for you.
- Call 1-800-QUIT-NOW. This is a free telephone support service.
- Try a text message program. Text QUIT to 47848 for the smokefree.gov program.
- Download a free app. An app can help you track cravings and understand your smoking patterns.

*Sources: National Center for Disease Control and Prevention, Smoking and Tobacco Use: Electronic E-Cigarettes; The National Cancer Institute (NCI); Smoke Free.gov; Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion*