

Vaping and Smoking



What You Need to Know

Most people who smoke cigarettes want to quit, but it's not easy. It often takes many tries. Programs that help people stop smoking can be very useful. These programs include talking to someone, changing behaviors and using medicine.

Recently, e-cigarettes and vaping products have been seen as safer choices than smoking, especially by young people. But this assumption might be dangerous.

What are vapes?

Vaping products, such as e-cigarettes/e-cigs and e-hookahs, are battery-powered devices that look like pipes, pens or flash drives.

Cigarettes and Vaping Products

What's the difference?

Both cigarettes and vaping products are unsafe. Cigarettes burn tobacco and produce smoke with over 7,000 chemicals, many of which cause cancer. Smoking is the leading cause of preventable disease and death in the United States, causing 480,000 deaths each year.

Vaping products come in the form of e-cigarettes, tanks, mods or mod pods. These devices heat a liquid to create a vapor that is inhaled. This vapor may contain nicotine or cannabis (THC or CBD), which can be very addictive and harmful. These vaping products may include flavors, chemicals and metals that can hurt the heart and lungs and cause cancer. E-cigarette/vaping products typically contain batteries which can also cause fires and explosions.



Using Vaping to Quit Smoking

Vaping is not a safe way to quit smoking. It can cause serious lung damage, asthma, heart disease, cancer and other health problems. Research shows that e-cigarettes are just as addictive as regular cigarettes. Many people who vape continue to smoke cigarettes.

No e-cigarette has been found to be safe or effective by the Food and Drug Administration (FDA) to help quit smoking.

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If you want to quit smoking, vaping is not a safer choice.

Ask about programs that help people stop smoking. The sooner you quit, the better.

Nicotine withdrawal can cause irritability, restlessness, mood changes and trouble sleeping, according to the Centers for Disease Control and Prevention.

Is Vaping Safer than Smoking?

Vaping may seem less harmful, but it has its own risks. People who vape have similar risks of dementia, heart disease and organ failure as those who smoke cigarettes. Both smoking and vaping narrow blood vessels, raise blood pressure, increase heart rate and can lead to heart attacks or strokes. Doctors are seeing more lung injuries from vaping that require hospitalization.

The Bottom Line

Both smoking and vaping are addictive and expose users to dangerous chemicals.

Ready to quit? There are many resources available:



Phone:

1-800-QUIT-NOW (1-800-784-8669)

1-855-DEJELO-YA (1-800-335-3569) (Español)



Text (message and data rates may apply):

Text: QUITNOW to 333888

Texto: DEJELOYA to 333888 (Español)