



The Harmful Effects of Vaping

What is Vaping?

Vaping is the use of an electronic cigarette to consume nicotine and other drugs. E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, the addictive drug in tobacco products, with flavorings and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can inhale the aerosol when near people exhaling the aerosol.

Why is Vaping Harmful?

The e-cigarette aerosol that users breathe from the device and exhale can contain potentially harmful substances, including:

- Nicotine
- Ultra-fine particles that can be inhaled deep into the lungs
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals; such as nickel, tin, and lead

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

What Effects Does Vaping Have on the Body?

- Inflammation and irritation of the airways can cause difficulty breathing
- Increased risk for infections
- Increased risk for blood clots
- Impaired blood vessel function causing poor circulation
- Increased risk of cancer



Vaping Cessation

Are you ready to quit? Here are our top tips to help you on the path to success:

Focus on your motivators.	Motivation waxes and wanes, and this is 100 percent normal. What can you do to increase your motivation when you feel defeated or low?
Build confidence.	Having confidence that your attempt will be successful is important! What can you do to increase your confidence levels? Your confidence can increase when you make and achieve a series of small goals, when you visualize your success, and when you feel like you have the tools ready for any situation.
Stress mangement is key.	Many smokers smoke to manage stress, distress, and negative emotions. Being prepared with other ways to manage these feelings can be difficult and takes a lot of practice. What do your non-smoking friends do to manage stress?
It's never too late to quit.	While it's best to quit smoking as early as possible, quitting smoking at any age will enhance the length and quality of your life. You'll also save money and avoid the hassle of going outside in the cold to smoke. You can even inspire those around you to quit smoking!
Learn from past experiences.	Most people who smoke have tried to quit before, and sometimes they get discouraged thinking about previous attempts. However, these experiences tell us a lot about what to do and what not to do next time! These experiences are steps on the road to future success. Think about what worked for you last time, what didn't work, and what you might do differently this time.
You don't have to quit alone.	Telling friends and family that you're trying to quit, and enlisting their support will help ease the process.
Medications are safe, effective, and may help you quit permanently when used properly.	The seven FDA-approved medications include: nicotine patches, gum, lozenges, inhaler, nasal spray, as well as prescription medications. The medications help with withdrawal symptoms, urges, and cravings; but do not help with the habit or with managing stress or negative emotions. Many people don't use the medications correctly, don't use them long enough, or expect the medication to replace all that smoking used to do for us. Be sure to follow the directions and combine medications with other tools for quitting.
Every smoker can quit.	Everyone is different, and each quit attempt is a little different. Find the right combination of tools, medications, and support for you! And above all, keep trying.

Vaping Cessation Resources

- American Lung Association - <https://www.lung.org/quit-smoking/i-want-to-quit>
- Quit Assist - https://www.quitassist.com/?gclid=CjwKCAiAtt2tBhBDEiwALZuhAORJKPb70Ijprqxr9xZk7-M2YYyIBeCAU_Ux3tp7ibblSj7WluSaBoCXpQQAvD_BwE
- Truth Initiative - <https://truthinitiative.org/thisisquitting>

qio.qsource.org

This material was prepared by Qsource, a/an Network of Quality Improvement and Innovation Contractors under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this document do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS 24.QIO2.03.012