



# 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:

<b>Focus on your motivators.</b>	Motivation waxes and wanes, and this is 100 percent normal. What can you do to increase your motivation when you feel defeated or low?
<b>Build confidence.</b>	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.
<b>Stress management is key.</b>	Many individuals who vape do so 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 friends who do not vape do to manage stress?
<b>It's never too late to quit.</b>	While it's best to quit vaping as early as possible, quitting 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 vape. You can even inspire those around you to quit!
<b>Learn from past experiences.</b>	Most people who vape may 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.
<b>You don't have to quit alone.</b>	Telling friends and family that you're trying to quit, and enlisting their support will help ease the process.
<b>Medications are safe, effective, and may help you quit permanently when used properly.</b>	The six FDA-approved medications include: nicotine patches, gum, lozenges, 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 vaping used to do for us. Be sure to follow the directions and combine medications with other tools for quitting.
<b>Everyone can quit.</b>	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/e-cigarettes-vaping>
- Quit Assist - [https://www.quitassist.com/?gclid=CjwKCAiAtt2tBhBDEiwALZuhAORJKPb70Ijprqxr9xZk7-M2YYyIbECAU\\_Ux3tp7ibblSj7WluSaBoCXpQQAuD\\_BwE](https://www.quitassist.com/?gclid=CjwKCAiAtt2tBhBDEiwALZuhAORJKPb70Ijprqxr9xZk7-M2YYyIbECAU_Ux3tp7ibblSj7WluSaBoCXpQQAuD_BwE)
- Truth Initiative - <https://truthinitiative.org/thisisquitting>
- ReThink Tobacco Indiana - <https://rethinktobaccoindiana.org/>

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