

# Vaping Facts

Vaping. E-Cigarettes. People have used these products to quit smoking and thought of them as safe alternatives to tobacco. And some people started using them without an existing tobacco habit.

Sadly, these aren't safe and healthy. Learn the Vaping Facts.

Vaping is inhaling an aerosol created by an electronic cigarette (e-cigarette) or another vaping device.

E-Cigarettes heat up liquid to create an aerosol that you inhale. This liquid and aerosol contain nicotine and a variety of other chemicals. Different chemicals are used to change taste and flavor.

Heating the liquid creates new chemicals.

These chemicals are the same as ones used in items like antifreeze, paint thinners, and in your car exhaust. There are cancer causing ingredients (carcinogens) found in aerosols as well.

The FDA doesn't approve of using vaping or e-cigarettes as a tobacco cessation aid.

People who use E-Cigarettes often end up using them as much, or more than regular tobacco products and then have to try to quit them as well!

In addition to being addictive because they are nicotine products, vaping and e-cigs have also been found to cause damage to your lungs, brain, immune system, and most of your body.

And just like with secondhand smoke, secondhand aerosol can also affect anyone around you when you are vaping.

If you vape or use e-cigarettes, now is the time to quit. Talk to your healthcare provider about ways to quit that can work for you.

Make a plan, follow through, and avoid vaping and e-cigarettes for the overall good of your health.