



VAPING

WHAT YOU SHOULD KNOW

With the use of e-cigarettes (vaping) on the rise, it is important to know the truth about these devices. Contact the FREE Kansas Tobacco Quitline (www.KSquit.org or 1-800-QUIT-NOW) to talk to a health coach about quitting e-cigarettes.

E-cigarettes are less harmful than smoking, but using e-cigarettes is still not safe:

- E-cigarettes heat nicotine (extracted from tobacco), flavorings and other chemicals to create an aerosol for the user to inhale.
- E-cigarettes generally contain fewer toxic chemicals than regular conventional cigarettes, which contain over 7,000 chemicals.¹
- However, e-cigarette aerosol is not safe and is known to contain harmful substances like heavy metals, volatile organic compounds and other cancer causing agents.¹

E-cigarettes are just as, or even more, addictive than conventional ones:

- Both e-cigarettes and conventional cigarettes contain nicotine.
- E-cigarettes often provide more nicotine because cartridges may have a higher concentration of nicotine than conventional cigarettes.



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E-cigarettes are not the most effective smoking cessation tool:

- Although they have been marketed as an aid to help you quit smoking, e-cigarettes have not received Food and Drug Administration (FDA) approval as smoking cessation devices.²
- Adults who use e-cigarettes for smoking cessation should consider using other FDA-approved smoking cessation options (gums, patches, lozenges, etc.).
- A recent study found that most people who planned to use e-cigarettes to stop smoking conventional cigarettes ended up using both.³

Research suggests e-cigarettes are bad for your heart and lungs:

- Nicotine is the toxic, addictive chemical in both conventional cigarettes and e-cigarettes.
- Emerging data suggests that e-cigarettes are linked to chronic lung disease and asthma,⁴ and the combined use of e-cigarettes and conventional cigarettes is linked with cardiovascular disease.⁵

For free reordering, visit <https://www.kdheks.gov/tobacco/cessation.html>

1. US Department of Health and Human Services. E-cigarette use among youth and young adults: a report of the Surgeon General. Atlanta, GA: US Department of Health and Human Services, CDC; 2016.

2. Food and Drug Administration. <https://www.fda.gov/consumers/consumer-updates/want-quit-smoking-fda-approved-products-can-help>

3. Caraballo RS, Shafer PR, Patel D, Davis KC, McAfee TA. Quit Methods Used by US Adult Cigarette Smokers, 2014–2016. *Prev Chronic Dis.* 2017 Apr 13;14:E32. doi: 10.5888/pcd14.160600.

4. Osei AD, et al. Association Between E-Cigarette Use and Chronic Obstructive Pulmonary Disease by Smoking Status: Behavioral Risk Factor Surveillance System 2016 and 2017. *Am J Prev Med.* 2020 Mar; 58(3):336–342

5. Osei AD, et al. Association Between E-Cigarette Use and Cardiovascular Disease Among Never and Current Combustible-Cigarette Smokers. *Am J Med.* 2019 Aug; 132(8):949–954.