


VAPING VS. SMOKING

Are E-Cigarettes Safer than Traditional Cigarettes?



While much is still unknown about vaping, given the long list of harmful and toxic chemicals in cigarettes, researchers generally consider vaping to be a less dangerous alternative.

However, that doesn't mean researchers believe vaping is safe or healthy either. Here's why:

- Most e-cigarettes deliver nicotine, which is highly addictive and can harm the developing brains of teens and kids. Some types expose users to even more nicotine than traditional cigarettes.
- In addition to nicotine, e-cigarette vapor includes other potentially harmful and toxic chemicals.
- Children and adults have been poisoned by swallowing, breathing or absorbing the liquid through their skin or eyes.
- E-cigarettes have been linked to thousands of cases of serious lung injury, some resulting in death. While the exact cause of these injuries is still not confirmed, the CDC recommends that people not use e-cigarettes.

THE BOTTOM LINE

The long-term health effects of e-cigarettes are not well understood yet. But the science clearly indicates vaping can not be considered a safe or healthy alternative to smoking.

There is much to learn about the risks and consequences of e-cigarette use. If you are trying to quit smoking, try using an alternative method that is proven to help.

