



THE TRUTH ABOUT VAPING

May 2022

Not Smart

Vaping devices contain cancer causing chemicals, heavy metals, and flavoring that can cause serious lung disease. They also contain nicotine—the substance that gets you hooked!



Not Safe



Harvard School of Public Health found many electronic smoking devices contain diacetyl, the chemical linked to "popcorn lung". The flavoring ingredient, diacetyl, though approved for consumption, is dangerous when inhaled.

Not Harmless

Nicotine harms the developing brain and can make young people more susceptible to nicotine and drug dependence. The other substances found in vaping devices can cause asthma, COPD, lung cancer, and cardiovascular disease. Some e-cigarette products also contain THC and vitamin E acetate which have been linked to over 2,800 cases of lung injury including 68 deaths.



Not Helpful



E-cigarettes are not proven to help with smoking cessation. Trying this method frequently leads to dual use (use of both combustible/traditional cigarettes and vapes) and young people who vape are more likely to become regular cigarette smokers.

Free Quitting Resources

For cessation tools including custom quit plans, coaching, and guidance, visit the resources below.

Teens: My Life, My Quit: mylifemyquit.org

Adults: Quitline Iowa: 1-800-784-8669

Illinois Tobacco Quitline: 1-866-784-8937



www.tobaccofreeqc.org



facebook.com/tobaccofreeqc/



[@tobaccofreeqc](https://instagram.com/atobaccofreeqc)

