

Vaping and Smoking: Get the Facts

We care about your oral and overall health. There are many negative consequences to cigarettes, e-cigarettes of all types, and chewing tobacco. We are here to answer questions and support you with resources to quit.

Vaping is as Dangerous as Smoking Cigarettes and Chewing Tobacco

E-CIGARETTES: Vaping, Juuling, Suorin, Phix, Hookah



E-cigarettes: A Threat to Health

The American Academy of Pediatrics believes e-cigarettes and other electronic nicotine delivery systems are a significant danger to the health of children and nonsmokers. For more information, visit bitly.com/AAPpolicy.

- More than 7,700 flavors of e-cigarettes exist, including fruit and sweet flavors that appeal to children and youth.
- It is not safe to use e-cigarettes near children: There are cancer-causing chemicals in the exhaled e-cigarette vapor.
- Less than half a teaspoon of a nicotine-containing e-cigarette solution can be fatal to the average toddler.
- Most e-cigarettes contain nicotine. Nicotine is a highly addictive, harmful drug.
- Ads for e-cigarettes are targeting adolescents and appear on TV, radio, and online.
- Minors can easily purchase e-cigarettes online, or - in some states - at convenience stores.

American Academy of Pediatrics
Julian B. Richmond
Center of Excellence
www.richmondcenter.org

- Contains **nicotine**, which comes from tobacco and like cigarettes and chewing tobacco, is **highly addictive** and **harmful to brain development** (decreases memory, attention span, and impulse control, increases risk of mood disorders), **increases blood pressure** and **diabetes risk**
- Some vapes claim to be nicotine free however, this is not always true
- Juul pods contain as much nicotine as **20 cigarettes** (a pack)
- Contains **formaldehyde**, **diacetyl**, a chemical linked to lung disease, heavy metals such as nickel, tin and lead, and many more chemicals
- Contain flavorants that are not safe for the lungs and like candies can increase risk for **cavities**
- Batteries can **explode** and cause serious harm
- Not FDA regulated, so you have no idea what you are ingesting
- Research is showing teens who vape/Juul are more likely to take up smoking cigarettes and are at higher risk for future drug addiction

CIGARETTES

- Known to cause oral, lung, stomach, pancreatic, cervical, kidney, ureter, bladder and bone marrow **cancers**
- Can cause **heart disease**, frequent coughing and increased phlegm
- Contains **nicotine**, which is highly addictive and harmful to brain development
- **Bad breath, stained teeth** and **gum disease**
- Inhibits optimal athletic performance
- Increased wrinkles
- **Expensive!!!** A pack a day for a year costs **\$3,632!**
- Makes clothing and hair smell bad!

CHEWING TOBACCO

- Contains **nicotine**, which is highly addictive and harmful to brain development
- Can lead to oral, esophageal and pancreatic **cancer**
- Can cause **gum recession** and **gum disease**
- Increased **cavities**
- **Bad breath, stained teeth**





Resources

Study Suggests E-Cigarettes are NOT the best way to Quit Smoking

Contrary to popular belief, e-cigarettes do **not** help adult smokers quit faster than those who do not use these products. Adults who do not use e-cigarettes are twice as likely to quit smoking than those who do use these devices. According to a study funded by the National Institute on Drug Abuse and Food and Drug Administration Center for Tobacco Products, **90% of smokers who reported vaping at the beginning of the study also reported smoking one year later.***

FREE APPS

Cessation Nation	Droid
Get Rich or Die Smoking	Droid
Kwit	Droid & iPhone
Livestrong My Quit Coach	iPhone
Quit It Lite	iPhone
Quitstart	Android & iPhone
Quit Tracker	Droid
Smoke Free-Quit Smoking Slowly	Droid & iPhone

ONLINE RESOURCES

Smokefree Teen	https://teen.smokefree.gov
Truth	https://thetruth.com
Get Outraged	http://www.makesmokinghistory.org/dangers-of-vaping
Be Tobacco Free	https://www.smokefree.gov or https://betobaccofree.gov
Become an Ex	https://www.becomeanex.org
I Quit	https://www.smokingstinks.org/quitkit
Make Smoking History	http://makesmokinghistory.org
Tips from Former Smokers	https://www.cdc.gov/tobacco/campaign/tips
My Last Dip	https://mylastdip.com

*Carmen, Melissa, "The Youth Vaping Epidemic" *Massachusetts Dental Society Word of Mouth*, Winter Spring 2019

Vaping is as Dangerous as Smoking Cigarettes and Chewing Tobacco