

Vaping: The unhealthy truth



Vaping is like smoking — but without a cigarette. First you purchase an e-cigarette device. Then you fill it with a substance or liquid and the device heats it. As you inhale (or vape), the substance evaporates until the e-cig is empty. You blow out an aerosol instead of smoke.

People vape for various reasons:

- Some hope vaping will help them give up cigarettes.
- Others enjoy vaping because it feels like smoking but seems risk-free.
- Some vapers have never smoked but they enjoy the flavors and liquids available for vaping.

The downsides of vaping

Vaping is costly and has risks. For example:¹

- Many vaping products have nicotine in them. This is important to know if you're trying to break your nicotine habit.

- There are chemicals in vaping products that are linked to cancer, heart and lung disease.
- Vaping has great appeal for young people. Yet the substances used can cause illness, lung damage and even death.²

Be informed...

Learn more by visiting [The risks of vaping: A look at safety](#) at the National Institutes for Health website.

Understanding the risks of vaping can help you make better health decisions.

¹Albert, J.B. [Beginners guide to e-cigarettes and vaping](#). Accessed September 2020.

²Brueck, Hilary and Skye Gould. [42 people have died from a mysterious lung illness linked to vaping. Here's where they're all from](#). Accessed September 2020.

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