



Electronic Cigarettes (e-cigs) and other “vaping” devices (such as JUUL) are battery-operated products designed to deliver nicotine, flavor and other chemicals. They turn chemicals, including highly addictive nicotine, into an aerosol that is inhaled by the user. Most e-cigs are manufactured to look like conventional cigarettes, cigars, or pipes. Some resemble everyday items such as pens or USB memory sticks.

Health Effects

A congressionally mandated panel from the National Academy of Sciences, Engineering, and Medicine examined more than 800 peer-reviewed scientific studies. In its report, the panel concluded that evidence suggests that while e-cigarettes are not without health risks, they are likely less harmful than combustible cigarettes.

Long-term health effects of vaping are unknown. Some studies have identified harmful chemicals in vaping devices. Vapes with THC can be deadly.

Why Is Youth Vaping a Concern?

According to a study in *Pediatrics*, children who vape are exponentially more likely to smoke cigarettes daily when they are young adults. (~3x more likely) A study in the *Journal of the American Medical Association* found youth who vaped were nearly 4 times more likely to smoke.



Nicotine alters the adolescent brain. It increases their risk for:

- Impulsivity.
- Mood disorders.
- Stunted learning and recall.
- Diminished enjoyment of activities they normally adore.

To Quit

Marcus has his reasons for going vape free. Maybe you have yours.

Quit vaping with free help.

Click here to get started with a text

VAPEFREE 873373

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QuitLine

WISCONSIN DEPARTMENT
of HEALTH SERVICES

Or to learn more about Live Vape Free, visit [WiQuitLine.org](https://wiQuitLine.org).



Does vaping lead to quitting smoking?

- According to the US Preventive Services Task Force review of published research, it is unclear if vaping is an effective way to quit smoking.
- In a UW-CTRI study, vaping can reduce nicotine dependence, but it is unclear if patients would quit vaping.
- A British study published in the *New England Journal of Medicine* found similar results.
- In its report, “Nicotine Without Smoke: Tobacco Harm Reduction,” the Royal College of Physicians in the United Kingdom recommended promoting both quit-smoking medications and e-cigarettes as ways to help people avoid the harms caused by smoking combustible tobacco products. The FDA has not made such recommendations.

Research Continues

UW-CTRI continues to conduct research on vaping. The first UW-CTRI study on smoking and vaping found no clear evidence that vaping e-cigs reduced smoking or lowered carbon monoxide levels in participants. The second study did find that dual users of e-cigs and regular cigarettes smoked fewer cigarettes per day, but were taking in the same amount of nicotine. UW is also conducting a study on the acute and long-term effects of vaping.