



MYTHS VS. FACTS

THERE ARE A LOT OF MYTHS GOING AROUND ABOUT VAPING.
LET US CLEAR THE AIR FOR YOU.

MYTHS	FACTS
Vaping is a healthy alternative to cigarettes.	Vape e-juice may contain nicotine, chemicals that cause cancer, and can lead to health problems including wheezing, coughing, sinus infections, nosebleeds, shortness of breath and asthma. ¹
Vaping has nothing to do with smoking regular cigarettes.	Young people who took up vaping were more than four times more likely to smoke traditional cigarettes a year later, according to one study. ²
It's just harmless water vapor.	It's not harmless, and it's not just water vapor. It may contain toxins, potentially cancerous agents and dangerous chemicals like diacetyl, which is known to cause a potentially fatal lung disease called popcorn lung. It most often contains a combination of propylene glycol, vegetable glycerin, flavorings and nicotine. ^{3,4}
Vapes don't contain nicotine.	A 2015 study found that 99 percent of e-cigarettes sold in U.S. convenience stores, supermarkets, and similar outlets contained nicotine, the same highly addictive substance that is found in regular cigarettes. ⁵ It's worth noting that 100 percent of JUULs – teens' top choice for vaping devices – contain nicotine. And each JUUL pod contains the same amount of nicotine as a whole pack of cigarettes.



¹More evidence that e-cigs cause asthma on top of the effects of smoking cigs. University of California San Francisco Center for Tobacco Control and Education. Retrieved from <https://tobacco.ucsf.edu/more-evidence-e-cigs-cause-asthma-top-effects-smoking-cigs>

²E-cigarette use as a predictor of cigarette smoking: results from a 1-year follow-up of a national sample of 12th grade students. Retrieved from <http://tobaccocontrol.bmj.com/content/early/2017/01/04/tobaccocontrol-2016-053291?paperoc>

³Farsalinos KE, Kistler KA, Gillman G, Voudris V., Evaluation of Electronic Cigarette Liquids and Aerosol for the Presence of Selected Inhalation Toxins. Nicotine Tob Res. 2014; 17:168-74.

⁴Electronic Nicotine Delivery Systems Key Facts; U.S. Department of Health and Human Services, Centers for Disease Control and Prevention. Retrieved from <https://chronicdata.cdc.gov/Policy/Electronic-Nicotine-Delivery-Systems-Key-Facts-Inf/nwhw-m4ki/data>

⁵Sales of Nicotine-Containing Electronic Cigarette Products: United States, 2015. American Journal of Public Health. Retrieved from http://ajph.apublications.org/doi/abs/10.2105/AJPH.2017.303660?url_ver=Z39.88-2003&rft_id=ori%3Arid%3Aacrossref.org&rft_dat=cr_pub%3Dpubmed&