



BlueResourceSM - Healthy Lifestyle - Understanding Vaping

Vaping Makes It Harder to Stop Smoking

Ready to quit smoking? You may think that vaping will help you give up cigarettes, but it actually makes it harder to kick the habit. Studies show vaping is just as addictive as smoking regular cigarettes. About 28 percent of smokers who vape are less likely to quit, says the American Heart Association. Many end up smoking *and* vaping.

Here's what you need to know about vaping:

- Many e-cigs, vaping pens and other vape devices may contain nicotine.
- Nicotine is considered as addictive as cocaine and heroin.
- One vaping dose can contain as much nicotine as 20 regular cigarettes.
- E-cig vapor may contain harmful chemicals and metals.
- Vaping can cause serious lung injury.



Life is good without vaping or smoking.

Sources: *What You Need to Know About Vaping.* American Heart Association. 2016.
Is Vaping Better Than Smoking? American Heart Association. 2018.

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