



5 MYTHS ABOUT VAPING

MYTH#1

THE VAPOR IS SIMPLY
FLAVORED WATER

E-cigarette vapor is actually aerosol that contains nicotine, heavy metals, ultrafine particles, and other toxins and cancer-causing substances.

MYTH#2

IT DOESN'T
BRING NICOTINE INTO
YOUR LUNGS

No matter how nicotine is delivered to your body, it increases the risk of addiction and negative health effects.

MYTH#3

VAPING
CAN HELP YOU
QUIT SMOKING

Used alone, yes, vaping is a preferred alternative to smoking cigarettes, but there's little proof that it can lead to being smoke-free.

MYTH#4

E-CIGARETTES
USED FOR VAPING
ARE SAFE

Vaping products are not approved by the U.S. Food and Drug Administration (FDA) as a way to stop smoking, and until recently, makers of e-cigarettes weren't held to the same safety standards set by the FDA for smoked tobacco products.

MYTH#5

VAPING IS
RISK-FREE

Whereas there's no proof vaping is safe, there's a lot of research that says vaping can lead to health issues.

Contact your QuadMed provider to find out more about the dangers of vaping and what you can do to quit.

