
BUSTED 5 Vaping Myths

Myth: Nicotine is just like caffeine.

Fact: Nicotine is highly addictive. It can harm the parts of the brain that control mood and learning.

Myth: Vaping is healthier than smoking cigarettes.

Fact: The chemicals in vape juice are linked to cancer, asthma, wheezing and shortness of breath.

Myth: If I vape, I won't smoke cigarettes.

Fact: Eighth graders who vape are 10 times more likely to eventually smoke cigarettes.

Myth: Vaping doesn't hurt the people around me.

Fact: When you vape, you inhale aerosol into your lungs. Bystanders breathe this in when you exhale into the air.

Myth: E-cigarettes just produce a harmless water vapor.

Fact: Vaping exposes you to diacetyl, a chemical linked to serious lung disease.



**Spectrum
Health**



References:

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- U.S. Department of Health & Human Services. <https://teen.smokefree.gov/the-risks-of-tobacco/nicotine-addiction>
- U.S. Food and Drug Administration and CDC. <https://www.fda.gov/news-events/press-announcements/results-2018-national-youth-tobacco-survey-show-dramatic-increase-e-cigarette-use-among-youth-over-truth-initiative>
- Truth Initiative. <https://www.truthinitiative.org/research-resources/emerging-tobacco-products/e-cigarettes-facts-stats-and-regulations>
- U.S. Department of Health & Human Services. <https://www.hhs.gov/ash/oah/adolescent-development/substance-use/drugs/tobacco/trends/index.html>
- Centers for Disease Control and Prevention. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

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ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

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