

## If you are trying to quit smoking...

- Get support. Talk to your doctor or a quit-smoking counselor.
- Call 1-800-QUIT-NOW (1-800-784-8669) for support. Or, try an online or in-person support group.
- Ask your doctor about NRT and other quit-smoking aids.
- Make a plan to quit. Pick a date and put it on your calendar.
- If you don't quit the first time, keep trying. It can take several tries to quit for good.
- If you choose to try e-cigs to help you quit, get advice from your doctor or quit-smoking counselor about how to use them as part of your quit plan.



An e-cigarette is a battery-operated device. It heats a liquid and turns the liquid into a vapor. That vapor can then be inhaled much like cigarette smoke is inhaled. It is sold as an alternative to smoking. Some people say e-cigs can help you quit smoking. But do they really work? Look inside to learn more.

**Mom's Quit Connection**  
[www.MomsQuit.com](http://www.MomsQuit.com)

**NJ Quitline**  
[www.tobaccofreenj.com](http://www.tobaccofreenj.com)

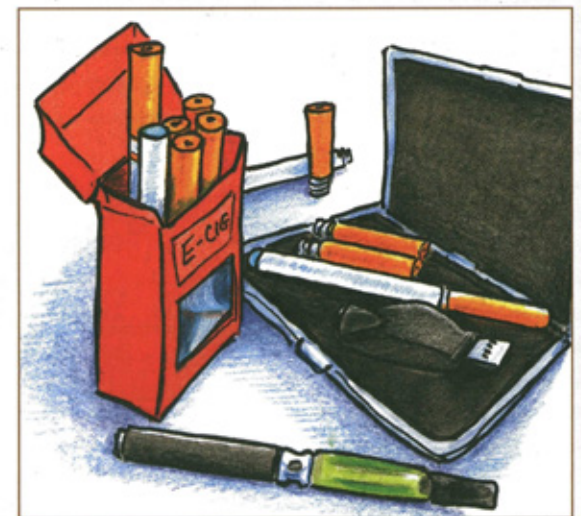
This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

2016 Revised and updated.  
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Please do not duplicate. Printed on recycled paper.  
Title #5754 (Rev. 7/16) ISBN 978-1-56885-754-1

For ordering information contact:  
**JOURNEYWORKS PUBLISHING**  
P.O. Box 8466 • Santa Cruz • CA 95061  
800 • 775 • 1998 [www.journeyworks.com](http://www.journeyworks.com)

BREAKING NICOTINE ADDICTION

# Can E-Cigarettes Help You Quit Smoking?



WHAT YOU SHOULD KNOW

So you want to quit smoking? Good for you! It is one of the best things you can do for your health. Do you wonder if e-cigarettes (e-cigs) can help? Consider these points.

## E-cigarettes are sold as a new way to smoke.

- E-cigs are **not** sold as a way to quit smoking.
- Like cigarettes, they have nicotine, which is very addictive.

## E-cigs may not help people quit smoking.

- Studies on the use of e-cigs as a quitting tool show mixed results.
- They may help some people quit smoking. But some people just switch from being addicted to cigarettes to being addicted to e-cigs.
- Others end up smoking both e-cigs and regular cigarettes.

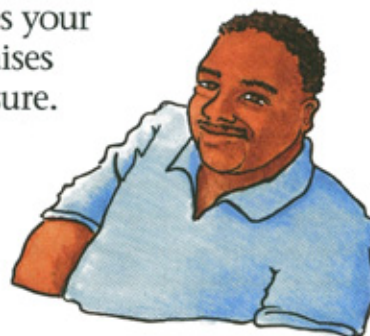


## Approved NRT is a safer choice.

- Nicotine replacement therapy (NRT) works well to help people stop smoking. It includes nicotine patches, inhalers, nasal sprays, lozenges and gum.
- NRT gives a low-dose of nicotine. When used as directed, NRT is proven safe.

## Nicotine is not harmless.

- E-cigs may keep you addicted to nicotine.
- Nicotine changes your heart rate and raises your blood pressure.
- Studies show it may increase problems with diabetes.
- No one yet knows the long-term health effects of using e-cigs.



## E-cigs have fewer cancer-causing chemicals. But they are not chemical-free.

- All e-cigs have chemicals and added flavors. (Even those that say they are nicotine-free.)
- The vapor from many e-cigarette products has been found to contain cancer-causing chemicals as well as other toxins.
- Secondhand vapor from e-cigs may harm others.



## It is hard to break nicotine addiction.

- Because e-cigs have nicotine **and** mimic the action of smoking, they may make it harder to quit for good.
- Studies show that you have the best chance of quitting if you talk with a quit-smoking counselor and use NRT or other quit medications.

