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HOW TO VANQUISH VAPING AND KICK TOBACCO TO THE CURB

If you use any tobacco products, the United States Surgeon General recommends that you stop.



Electronic-cigarettes, or e-cigarettes, come in a variety of styles and names. But whether you are vaping something that looks like a USB stick, inhaling an e-hookah modeled after a pipe or taking a drag from what appears to be a pen, the bottom line is the same: Smoking of any kind is detrimental to your health.

E-cigarettes contain an aerosol that users breathe from the device and exhale. This aerosol may contain nicotine, flavoring containing diacetyl, a chemical linked to serious lung disease, cancer-causing chemicals, heavy metals, including nickel, tin and lead, and ultrafine particles that can go deep in the lungs.

There are still many unanswered questions regarding the long-term health effects of e-cigarettes. These devices are still fairly new and scientists are still studying them. Their work is compounded by the fact that it is difficult to know the contents of e-cigarette products. Some items marketed as containing zero nicotine have been found to contain nicotine.

If you use any tobacco products – including e-cigarettes, traditional cigarettes, chewing tobacco or any other product containing tobacco – the United States Surgeon General recommends that you stop. There are many benefits to quitting tobacco, including improved health and financial savings.

FIVE WAYS TO MAKE QUITTING EASIER

Quitting tobacco is not easy, but there are several ways to make it easier.

- 1.** Make a list of the reasons why you are quitting. This may include how tobacco effects your relationships, how much money is spent on tobacco products, how it effects the way you think and feel and what you are most looking forward to doing after quitting.
- 2.** Set a quit date. Give yourself time to get ready, but don't put it off for too long or pick a day that will be stressful, such as tax day, a family visit or presentation at work or school.
- 3.** Realize there will be challenges. Don't get caught up in the long-term view. Take it one day (or one hour) at a time. Realize that certain people, feelings or situations may trigger a desire to use tobacco try to avoid them.
- 4.** Imagine yourself tobacco-free. Start thinking of yourself as a tobacco-free person. Make a list of all your positive attributes that don't involve tobacco and place them in a prominent spot. Compare who you are now with your vision of yourself in the future and examine how tobacco use gets in the way of that vision.
- 5.** Build a team. Ask for help and be specific with what you need from each teammate, such as encouragement, reminders or simply to listen. Be appreciative of the people who are helping you and support them as well. Conversely, distance yourself from unsupportive people, remind yourself why you are quitting and lean on your support team for positivity. Ask your doctor how he or she can help and talk to a tobacco cessation counselor by calling 800.QUIT.NOW.

Explore more at the [Chiefs Wellness Program homepage](#) -->