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READ THIS FIRST



IF YOU VAPE

A GUIDE TO
QUITTING SMOKING

ABOUT THIS BOOK SERIES

Background



You received this booklet because you smoke and vape. This is what we call “dual use.” You use some type of electronic cigarette (e-cigarette), also known as personal vaporizers, electronic vaporizers, e-pens, hookah pens, and so on. And you also use regular tobacco cigarettes.

Do you remember why you started vaping? Most vapers say that they started vaping to quit smoking — or at least to cut down. Some say that they vape as a way to get nicotine in places where they cannot smoke. Others like the flavors.

Is vaping safer than smoking? Well, we know that e-cigarette vapor does not contain the carbon monoxide and tars of tobacco smoke. Tar and carbon monoxide

cause some types of cancer, heart disease, and lung disease. So vaping is probably much less dangerous than smoking. But we do not know all of the health effects. Knowing all of them will take many years.

It makes some sense to choose vaping as a way to quit smoking. After all, e-cigarettes provide nicotine. In that way, they are like nicotine patches, gums, and lozenges, and all of these are known to help smokers quit. E-cigarettes can also help because they look, feel, and act like tobacco cigarettes. They also deliver nicotine like tobacco cigarettes—by inhaling. So it may be easier to quit by switching from smoking to vaping.

Quitting Smoking

Most smokers would like to quit smoking. In fact, there are now many more ex-smokers than smokers. And most vapers started vaping to quit smoking. Why is quitting so important? Here are some of the main reasons people want to quit smoking:

1 Health

Smoking kills half of all smokers. That means that a smoker has a 50-50 chance of dying from smoking! Those are terrible odds.

2 Quality of life

Even if smoking does not kill you, it interferes with your life. Smokers don't like the way it controls them. Many places do not allow smoking. And smokers simply do not feel as good as non-smokers.

3 Money

Smoking is expensive. A typical smoker spends about \$2,000 to \$4,000 each year on cigarettes. Also, your insurance rates are higher. You have more medical expenses and various cleaning costs.

4 Social

Smoking is not as acceptable as it once was. Smokers are in the minority. Smoking can even hurt your job and career prospects.

There are many other reasons why people quit smoking. If your reasons are not listed, you may add them here:

How E-Cigarettes Can Help You Quit Smoking

Cigarette smoke contains over 7,000 chemicals. At least 70 of these cause cancer. Others cause heart and lung disease and other health problems. One chemical, nicotine, makes smoking addicting.

Nicotine is what gives people pleasure from smoking. But nicotine is also what makes it hard to quit. When you stop smoking, you go through nicotine withdrawal. Withdrawal can make you feel nervous, irritable, or sad. Many quitters also eat more and sleep less. Headaches, nausea, and problems concentrating are also common. Nicotine withdrawal can also cause strong cravings to smoke again.

There are medications to help with nicotine withdrawal. These make it easier to quit smoking. Most contain nicotine but delivered in a safer way than smoking. FDA-approved medications with nicotine are the nicotine patch, gum, lozenge, inhaler, and nasal spray. These reduce cravings to smoke and other withdrawal symptoms. (There are others that work in similar ways, but they don't contain nicotine.)

What about e-cigarettes?

Well, they might work like other FDA approved quit-smoking aids. They provide nicotine without all of the dangers of smoking. E-cigarettes may also have other bonuses:

1. They look and feel similar to cigarettes.
2. You “smoke” them like smoking cigarettes.
3. Vaping often includes the social aspects of smoking.
4. They probably cost less than the approved quit-smoking products.

So far, e-cigarettes have not been approved in the United States as a quit-smoking aid. This is because they have not been tested by the FDA. (However, the United Kingdom has approved an e-cigarette for quitting smoking.) For this reason, we always recommend trying one of the approved products first (the patch, gum, lozenge, inhaler, and nasal spray). We do not advise anyone to *start* vaping. However, because you are already vaping, it makes sense to use e-cigarettes as a tool to help you quit smoking.

You already took the first step toward quitting smoking — you started vaping. We want to help you reach your goal: quitting and living a healthier life! You can do it by learning to make the most of your e-cigarette use.

The *If You Vape* Booklets

Over the next several months, we will send you a series of booklets and other materials. These booklets were written to help you quit tobacco cigarettes. That is, they should help you with the very reason you probably started vaping. The advice in these booklets comes from three places:

1. Research on e-cigarettes.

2. Research on other quit-smoking aids (such as the nicotine patch and gum).

3. Discussions with vapers.

The last group is especially important. In-group discussions and interviews, current and former vapers told us how e-cigarettes helped them quit smoking. They told us what worked for them and what didn't.

The *If You Vape* booklets were written for people like you — the dual users — who both vape and smoke. Some of the advice is the same as we give any smoker trying to quit. But other advice is especially for vapers. We want you to use your e-cigarettes to help you quit smoking!



*Kyle started smoking in 9th grade—16 years ago. And he was sick of it. He didn't like spending the money, the smoker's breath, or feeling like a social outcast. And he was starting to worry about his health. So last year he took up vaping with the goal of quitting smoking. He first used a disposable e-cigarette that he bought at a gas station. Then he moved to a tank system that gave him more control and a better hit. After 6 months of vaping, he made it "half-way" to quitting smoking. He was smoking less than he did before he started vaping! But he wasn't able to give up his tobacco cigarettes completely. He just needed a little bit of help. He began reading the **If You Vape** booklets. They provided the information, advice, and motivation he needed to get him to his goal. Now, Kyle feels great about being a non-smoker!*

As a vaper, you are now ready to quit smoking cigarettes. You have already taken the first step by starting to vape. Even if you began vaping for other reasons, it makes sense to quit smoking. Now you can make e-cigarettes work for you. Use your vaping to quit smoking!

Millions of people have already quit smoking — many of them by vaping. You can too!

You should have already received the first *If You Vape* booklet, “Booklet 1: An Overview.” This booklet covers many of the key points about quitting smoking. Go ahead and read it now.

Quit Smoking Tips

Quitting Tips for Everyone

1. Choose a quit date and stick with it.
2. Get rid of your tobacco cigarettes, lighters, and ashtrays.
3. Avoid alcohol in the first week or so after quitting.
4. Consider using a quit-smoking aid, such as the nicotine patch or gum, to reduce cravings and withdrawal symptoms.
5. Find ways to keep busy and distract yourself when you crave a cigarette.
6. Remind yourself why you want to quit smoking—you have very good reasons.
7. Remember, cravings will decrease over time. Eventually they will stop.

More Quitting Tips Just for Vapers

1. Vape as much as you need to stay off tobacco cigarettes.
2. When you are tempted to smoke, vape instead.
3. Try different devices until you find one that works for you.
4. Keep your e-cigarettes handy (e.g. next to your bed).
5. Try and keep an extra battery or e-cigarette with you in case yours runs out.
6. Also, keep these booklets in a safe place so you can look back at them when you need to.
7. Try to vape only in those places where you used to smoke. Do not add new vaping locations.
8. Think about your e-cigarette flavor. Do you want a flavor that is like smoking (tobacco or menthol)? Or do you want a flavor that doesn't remind you of smoking (fruit, drink, or candy)? You may want to start with a tobacco flavor when you first quit smoking. Then move to a non-tobacco flavor to break the link with smoking.



About TRIP

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