

Electronic Nicotine Delivery Systems

What are they?

Electronic Nicotine Delivery Systems (ENDS) are devices that deliver nicotine as an aerosol

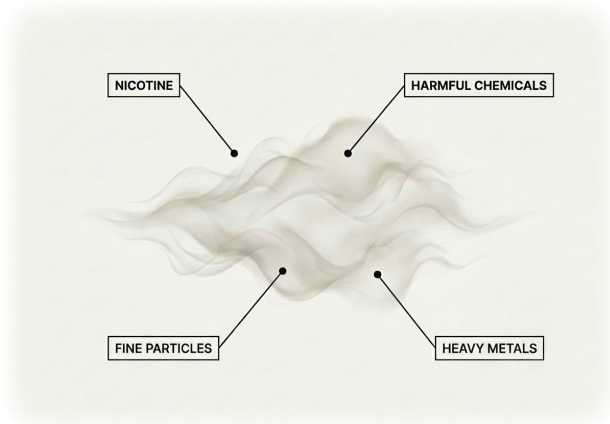
Are ENDS safe or recommended to quit?

No.

- They still contain nicotine, which is addictive
- They can harm your heart, lungs, and overall health
- ENDS are **not** FDA-approved to help you stop



ENDS produce an aerosol, not just water vapor. It can contain nicotine and other harmful substances, including heavy metals (commonly reported metals include nickel, lead, chromium, and tin), and may expose others nearby just like cigarette smoke.

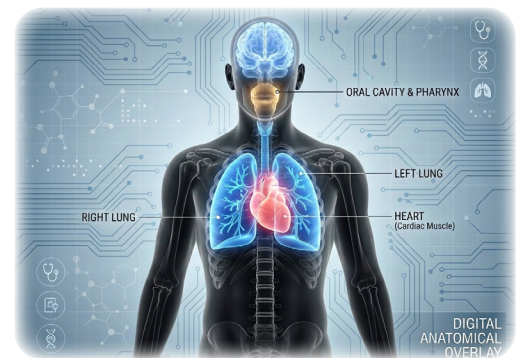


Common myths

- "It's just vapor." Vapor still contains harmful chemicals
- "Vaping helps me stop tobacco." ENDS are not FDA approved medications and not recommended for stopping tobacco.
- "There is nothing to help me quit." Medications and counseling are available and improve your chances of stopping.

Health risks

- Increased risk of heart disease and stroke
- Lung injury and breathing problems
- Ongoing nicotine addiction



Take the first step

Talk with your provider about a quit plan that works for you.

Support is available—you don't have to do it alone.

