



What women and their families need to know about e-cigarettes and vaping

QUICK FACTS

E-cigarettes and vapes are tobacco products that use batteries to heat liquid into an aerosol containing nicotine, flavorings and other chemicals.

Nicotine is harmful to your heart, lungs and reproductive system and may increase cancer risk. Even e-liquids labeled "nicotine-free" often contain nicotine.

E-cigarette vapor is not safe. Just like cigarette smoke, it is harmful through multiple forms of exposure:

- Firsthand: directly using the e-cigarette or vape
- Secondhand: breathing in vapor that someone else blows out
- Thirdhand: touching surfaces where the vapor has stuck

E-cigarettes and vapes don't effectively help most smokers quit. Many people end up using both products.

Nicotine disrupts brain development. A person's brain develops until around age 25, so this disruption affects fetuses, babies, children, teens and young adults.

THE UNIVERSITY OF TEXAS

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BENEFITS OF BEING TOBACCO FREE



Improved lung
and heart health



Healthier brain
development



Reduced
cancer risk



Protected
bone health



Reduced risk of painful or irregular periods

It's never too late to quit. FDA-approved medications can help.

Talk to your health care provider before beginning any new medications, even over-the-counter ones, especially if you are pregnant or breastfeeding.

Get support from family, friends, health care providers and quit counselors.

QUITTING RESOURCES

- Ask your health care provider for help.
- Call **800-QUIT-NOW** for your state quitline.
- Text **EXPROGRAM** to 88709.
- Visit **Women.SmokeFree.Gov**.



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