

MSK Direct

Vaping: What You Need to Know



What is Vaping?

Electronic cigarettes, also known as e-cigarettes or vapes, are devices that heat a liquid that makes an aerosol (or “vapor”), which you breathe in. The vape liquid has high amounts of nicotine, which is a very addictive drug.

In addition to nicotine, the liquid also has a number of harmful chemicals and vitamin E acetate, all of which may cause breathing problems and lung damage when inhaled.

Is Vaping a Good Way to Quit Smoking?

Vapes are not an FDA-approved method of quitting smoking. Vapes also contain high amounts of nicotine, harmful chemicals, and can be just as addictive as smoking tobacco cigarettes.

Does Vaping Affect My Health?

Vaping impacts your health in a number of ways. A few examples are:

1. The nicotine in vapes instantly raises your blood pressure.
2. Vaping exposes you to chemicals that can cause swelling, bad headaches, nausea (feeling like you want to throw up), and cancer.
3. Secondhand vapor exposure can cause health problems too.

Can Vaping Damage Your Lungs?

Healthcare providers are seeing an alarming rise in people who vape developing rare lung problems. Chemicals in the vaping liquid like formaldehyde, acrolein (also often used to kill garden weeds) and vitamin E acetate have been linked to lipoid pneumonia, asthma, and even a collapsed lung. Symptoms of these problems can range from wheezing and shortness of breath to sharp pain in your chest and coughing up blood.

Connect with us

MSK Direct is your pathway to MSK’s cancer programs and services for screening and prevention, diagnosis, treatment, and life after cancer.

Whether you smoke or vape, quitting today will help you lower your chances of disease caused by smoke and tobacco.

Call your dedicated MSK Direct line at **646-449-1515** or scan the QR code to learn more about our Tobacco Treatment Program or to use our Lung Cancer Screening Assessment Tool.



Memorial Sloan Kettering
Cancer Center