

We all know that smoking is very bad for your health, right? In fact, it's the most preventable cause of disease and death.(1) Did you know that up to 600 chemicals are added to cigarettes and as little as 65% of a cigarette is actually tobacco?(2)

The harm from smoking is, in large part, due to the combustion. When a cigarette is burned, the smoke contains over 7,000 chemicals. We know that around 1500 of these chemicals cause disease and 69 of them have been proven to cause cancer.(3)

Scientists have been paid millions of dollars over decades to experiment with adding chemicals to tobacco to create the modern cigarette. Many of the chemicals in cigarettes enhance the delivery and effects of nicotine. Some are addictive in themselves.(4)

Are we to believe the fear-based narrative claiming that vaping is the epidemic?? An epidemic is a term used to describe a widespread disease that affects many people.(5) Yet globally, smoking kills 17,000 people every single day and over 200 million people suffer with chronic smoking-related diseases!(6)(7) After over 10 years of vaping being on the market, and over 82 million vapers in 2021(8), not a single death has been attributed to vaping nicotine eliquid. Smoking is the epidemic.

Vaping nicotine is 95% less harmful than smoking because it virtually eliminates the disease-causing chemicals found in cigarette smoke.(9)(10)

Since 2016, our nonprofit, Vaping Advocacy and Education Project, better known as VAEP, has been reviewing the scientific evidence on vaping and making it easy for people to understand.

Visit VAEPinfo for vape info. https://VAEP.info

Kellie Ann is wearing our Sweetheart tee in Sport Grey <u>https://shop.vaep.info/?product=vaep-sweetheart-tee</u>

References

- 1. https://pubmed.ncbi.nlm.nih.gov/23566962/
- 2. Europa Public Health. (2010). Tobacco additives. https://ec.europa.eu/health/scientific_committees/opinions_layman/tobacco/en/index.htm

- 3. <u>https://www.cdc.gov/tobacco/sgr/2004/index.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ftobacco%2Fdata_statistics%2Fsgr%2F2004%2Findex.htm</u>
- 4. https://ec.europa.eu/health/scientific committees/opinions layman/tobacco/en/index.htm
- 5. https://dictionary.cambridge.org/dictionary/english/epidemic
- 6. <u>https://www.who.int/news-room/fact-sheets/detail/tobacco</u>
- 7. https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/diseases-and-death.html
- 8. https://onlinelibrary.wiley.com/doi/10.1002/puh2.58
- 9. <u>https://www.rcplondon.ac.uk/projects/outputs/nicotine-without-smoke-tobacco-harm-reduction</u>
- **10**. <u>British Medical Journal. (2018). Public Health England insists e-cigarettes are 95% safer than smoking.</u>

Original music provided by WiesingerMusic.com

#VAEPinfo #VAEP #VAEPworld #vaping #vape #vapefam #TalkAboutVaping #DoTheVapeTalk #KeyConcepts #HarmReduction