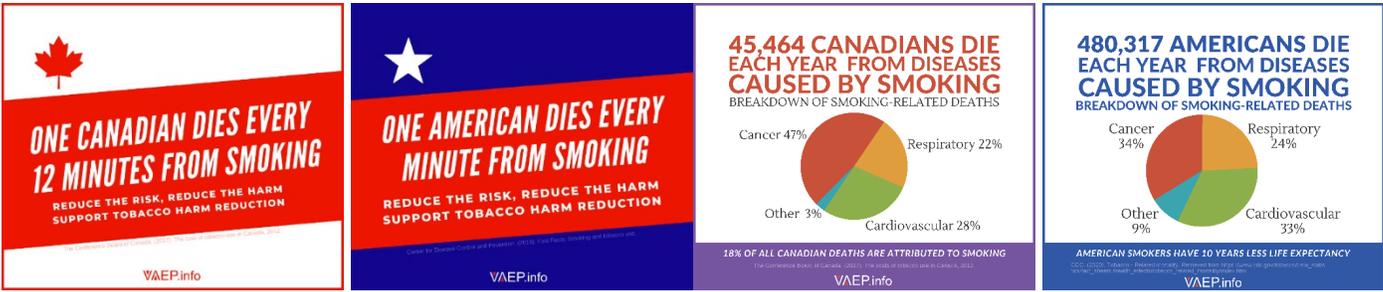


## VAEP Key Concepts script 3: Smoking kills



We've all heard that smoking kills, but did you know that one American dies every single minute from smoking? And long before they die, smokers suffer for years with horrible diseases(1). The toxins in cigarette smoke cause periodic illnesses and slowly deteriorates a smoker's health. It's almost certain these toxins will lead to cancer or cause chronic illness such as lung and heart disease(2). The chronically ill are reliant on pharmaceutical drugs, healthcare services and medical devices to continue basic functioning. Ongoing treatments are expensive, stress our health care systems, and destroy quality of life for the smoker and their family.(3)

Smokers aren't the only one who suffers. When breadwinners of a family become disabled, the medical costs and the loss of income decrease their ability to afford post-secondary education for their children, own a home and realize life dreams. Retirement with chronic disease can mean dragging around an oxygen tank, and a reduced ability to do the things worth living for, like golfing and playing with grandchildren.

Good thing that when a smoker switches to vaping, they virtually eliminate all of the disease-causing toxins found in cigarette smoke(4). Vaping doesn't cause smoking-related diseases.

Our nonprofit, Vaping Advocacy and Education Project, provides information about vaping that is based in the scientific evidence. Visit VAEP.info for vape info. <https://VAEP.info>

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

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### References

1. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/tobacco\\_related\\_mortality/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/index.htm)
2. <https://pubmed.ncbi.nlm.nih.gov/25857449/>

3. <https://www.canada.ca/content/dam/hc-sc/documents/services/publications/healthy-living/costs-tobacco-use-canada-2012/Costs-of-Tobacco-Use-in-Canada-2012-eng.pdf>
4. <https://ajph.aphapublications.org/doi/10.2105/AJPH.2021.306416>

Original music provided by WiesingerMusic.com

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