

Guide to Quitting Vaping



Trying to quit vaping can be a tough challenge, but it is definitely worth it. Did you know that the [American Lung Association](#) says E-cigarettes produce many dangerous chemicals including acetaldehyde, acrolein, and formaldehyde? These aldehydes can cause lung disease, as well as cardiovascular (heart) disease. E-cigarettes also contain acrolein, a herbicide primarily used to kill weeds. Vaping is not a healthy habit and quitting will make you healthier!

Quitting vaping can be tough, but with these simple steps, you can start your journey to a healthier life:



Take a good look at how vaping is affecting your life. Does it get in the way of your daily activities? Do you rely on it all the time? Does it affect your health or relationships? Write down why you want to quit and use it as motivation.

Think about your health: Take a good look at how vaping is affecting your life. Does it get in the way of your daily activities? Do you rely on it all the time? Does it affect your health or relationships? Write down why you want to quit and use it as motivation.



Stay positive: Believe in yourself and your ability to quit. Having a positive mindset can make quitting easier and reduce cravings. Try activities like meditation or exercise to help you stay positive.

Be prepared: Quitting vaping can be challenging, so it's important to have a plan. Identify your triggers that make you want to vape and try to avoid them. Prepare for cravings and withdrawal symptoms by finding healthy coping mechanisms like exercise or eating something sweet.



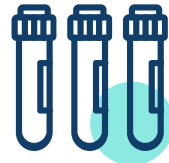
Find support: Having support from others can make a big difference in quitting successfully. Talk to people you trust and ask for their emotional support. You can also reach out to your doctor for guidance and resources.

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Set a quit date: Choose a specific day to stop vaping and mark it on your calendar. Having a deadline can help you stay focused and motivated.

Remove vaping supplies: Get rid of all your vaping devices, e-liquids, and any other supplies. Remove any reminders of vaping from your environment to reduce temptation.



Stay busy: Find activities to keep yourself occupied and distract from cravings. Engage in hobbies, spend time with friends and family, or try new things to keep your mind off vaping.

Medicine can help: There are seven medicines approved by the Food and Drug Administration (FDA) to help you quit. They work in different ways. All have been shown to be safe and effective for adults who are addicted to nicotine. These include nicotine replacement medicines (the nicotine patch, lozenge, gum, oral inhaler, and nasal spray) and pill medicines (varenicline and bupropion SR).



Don't give up: It may take a few tries to quit for good, but don't get discouraged. Keep trying and stay committed to your long-term health. Find positive activities like exercising or doing something you enjoy to help manage withdrawal symptoms.

Remember, quitting vaping is a process, and it's okay if you stumble along the way. Stay determined, be kind to yourself, and celebrate your milestones. You can do it!

Need Help? Reach out to us at [304.525.3334](tel:304.525.3334)