

Name \_\_\_\_\_

## Vaping as a Smoking Cessation Tool: Fact or Fiction?

### Short Answer

1. Explain why nicotine replacement therapy (NRT) is considered a smoking cessation aid.
2. What are some of the concerns raised by critics regarding the use of vaping as a smoking cessation tool?
3. Why is it essential to explore all available options and consult healthcare professionals when attempting to quit smoking?
4. Describe the mixed results and ongoing research surrounding the effectiveness of vaping as a smoking cessation tool.
5. What role does nicotine play in both traditional smoking and vaping?

