

Name _____

Vaping as a Smoking Cessation Tool: Fact or Fiction?

Short Answer Key

1. Nicotine replacement therapy (NRT) is considered a smoking cessation aid because it provides smokers with a controlled and regulated way to gradually reduce their nicotine intake, helping them overcome nicotine addiction while managing withdrawal symptoms.
2. Critics raise concerns about dual use, where individuals continue to smoke while using e-cigarettes, potentially hindering full smoking cessation. They also question the long-term health effects of vaping and the potential for addiction to vaping itself.
3. It is essential to explore all available options and consult healthcare professionals when attempting to quit smoking because quitting smoking is a significant health decision, and different methods may work better for different individuals. Healthcare professionals can provide personalized guidance and support.
4. The effectiveness of vaping as a smoking cessation tool has produced mixed results in studies. Some research suggests it may help some smokers quit, while others find it less effective than traditional methods. Ongoing research is needed to determine its long-term outcomes.
5. Nicotine is the primary addictive substance in both traditional smoking and vaping. It is the substance that leads to addiction and withdrawal symptoms when attempting to quit.

