

Name _____

Vaping as a Smoking Cessation Tool: Fact or Fiction?

Open-Ended Response Answer Key

1. Vaping appeals to individuals seeking to quit smoking due to the variety of flavors available, the absence of harmful tar, and the perception of reduced harm compared to traditional cigarettes. Flavors make vaping enjoyable, and the perceived reduction in harm makes it seem like a safer alternative to smoking.
2. Challenges associated with using vaping as a smoking cessation tool include concerns about dual use, where individuals continue to smoke while using e-cigarettes, potentially hindering full smoking cessation. Additionally, the long-term health effects of vaping are still unclear, and the potential for addiction to vaping itself is a subject of ongoing research.
3. When advising a friend, I would provide information about the mixed research results on vaping's effectiveness, the concerns about dual use, and the need for long-term studies on vaping's health effects. I would also suggest exploring other smoking cessation methods and consulting healthcare professionals for personalized guidance.
4. Clear regulations and guidelines are crucial for using vaping as a smoking cessation tool to ensure the safety and effectiveness of such methods. Additionally, preventing the use of vaping among youth is essential to protect their health and well-being. Regulations should address product safety, marketing practices, and age restrictions to achieve these goals.

