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Vaping and quitting smoking

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Health effects of vaping vs smoking

If you are a smoker:

- quitting smoking is the best thing you can do to improve your health. There is support available to help you quit.
- completely replacing cigarette smoking with vaping will reduce your exposure to harmful chemicals. ¹
- there are short-term general health improvements if you completely switch from smoking cigarettes to vaping products.

¹

Vaping is less harmful than smoking. Many of the toxic and cancer-causing chemicals in tobacco and the tobacco smoke form when tobacco is burned. ^{2 3 4}

Vaping products do not:

- produce smoke
- contain tobacco
- involve burning

Except for nicotine, vaping products typically contain:

- a fraction of the 7,000 chemicals found in tobacco smoke
- lower levels of several of the harmful chemicals found in smoke

Vaping to help quit smoking

Quitting smoking can be difficult, but it is possible. Vaping products and e-cigarettes deliver nicotine in a less harmful way than smoking cigarettes. These products may reduce health risks for smokers who can't or don't want to quit using nicotine:

- on their own
- by using counselling services
- by using medication or approved nicotine replacement therapies like:
 - gums
 - patches
 - lozenges

While evidence is still emerging, some evidence suggests that using e-cigarettes is linked to improved rates of success.

While quitting cigarettes, you may go through a time when you use both cigarettes and vaping products. Switching from tobacco cigarettes to vaping will reduce your exposure to many toxic and cancer causing chemicals.

Support and tools to quit smoking

Talk to your doctor for support and advice towards a smoke-free life.

You can also find additional help to quit smoking by:

- visiting the [quit smoking website](#) for your province or territory

- calling 1-866-366-3667

For more information

- [Health Canada Statement on Use of Vaping Products by Youth](#)
- [Talking with your teen about vaping: a tip sheet for parents](#)

Footnotes

- 1 Public Health Consequences of E-cigarettes. A Consensus Study Report of the National Academies of Sciences, Engineering and Medicine. The National Academies Press, Washington D.C.; 2018.
www.nationalacademies.org/eCigHealthEffects
- 2 A Review of Human Carcinogens. Part E: Personal Habits and Indoor Combustions. IARC monograph volume 100E. Lyon (France): International Agency for Research on Cancer, 2012.

- 3 How Tobacco Smoke Causes Disease--The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General; Atlanta (GA). U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

 - 4 The health consequences of smoking--50 years of progress: A report of the Surgeon General; Atlanta, GA. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health.
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