



Are you bisexual,  
a teen and using  
e-cigarettes?

THE UNIVERSITY OF TEXAS  
MD Anderson  
~~Cancer~~ Center

Making Cancer History®

E-cigarette use among bisexual teens and young adults is rising much faster than among heterosexual teens.

## Did you know?

### **High rates of e-cigarette use among bisexual teens can be linked to:**

- Marketing by e-cigarette companies that targets LGBTQ+ youth, including bisexual teens.
- Experiences of sexuality-based harassment and bullying in schools.
- Experiences of discrimination because of biphobia.
- Higher rates of physical abuse experienced by LGBTQ+

### **E-cigarette use can lead to:**

- Respiratory issues.
- Cardiovascular issues.
- Lung disease caused by the chemical flavorings in e-cigarettes.
- Mood, attention and impulse control problems because nicotine can damage brain development in teens and young adults.



## The myths & the facts

- ✘ E-cigarette use is just flavored water vapor and a safe alternative to smoking.
- ✔ E-cigarettes can contain harmful substances, including nicotine, heavy metals and carcinogens.
- ✘ Using e-cigarettes has no long-term health effects.
- ✔ A single e-cigarette pod can contain as much nicotine as 20 regular cigarettes. Long-term health effects of e-cigarettes include E-cigarette or Vaping use-Associated Lung Injury (EVALI), which causes severe lung damage, chest pain, fevers and chills, elevated blood pressure, lung scarring, asthma and can even be fatal.
- ✘ Most teens use e-cigarettes.
- ✔ Most teens do not use e-cigarettes. In 2023, only 25% of teens used e-cigarettes daily; 75% of teens did not use e-cigarettes daily.

Quitting e-cigarettes is one of the best things you can do for your health.

# Quit vaping today!

## **Consider the following:**

- Consider nicotine replacement therapies like patches and gum, so you don't feel as uncomfortable when quitting.
  - These therapies give you nicotine without the harmful chemicals that are in e-cigarettes.
- Seek professional help if you are concerned about any additional substance use.
  - It is important to find help that addresses e-cigarettes and other substance use together.
- Get counseling or therapy to help change habits and identify coping strategies.
- Find healthy ways to cope with triggers for e-cigarettes and other substance use.
- Set achievable goals and milestones for quitting.

## **How to get help:**

- Visit [Cancer-Network.org/Outlast-Tobacco](https://www.cancer-network.org/Outlast-Tobacco) for more information.
- Call 1-800-784-8669 for your state's tobacco quitline.
- Text QUIT to 47848 for a smoke-free texting program.
- Visit [LGBTQHealthCareDirectory.Org](https://www.lgbtqhealthcaredirectory.org) to find LGBTQ+ friendly healthcare near you.