

# WHAT IS THE FDA THINKING?

## THE BENEFITS OF QUITTING SMOKING



heart rate and blood pressure are stabilized; you stop polluting the air

**20**  
MIN



sense of taste and smell improve; breathing is easier

**24**  
HRS



smoker's breath disappears; oxygen levels normalize

**2-3**  
DAYS



blood circulation and energy levels improve; exercising becomes easier

**1-9**  
MOS



lower risk of heart disease and stroke

**1-5**  
YRS



risk of heart disease is same as of a non-smoker

**10**  
YRS



**NOW**



Royal College  
of Physicians

"The hazard to health arising from long-term vapour inhalation from the e-cigarettes available today is unlikely to exceed 5% of the harm from smoking tobacco."

"In the interests of public health it is important to promote the use of e-cigarettes, NRT and other non-tobacco nicotine products as widely as possible as a substitute for smoking."

# VTA

VAPOR TECHNOLOGY ASSOCIATION

"Neither science nor logic justifies the FDA's regulations. The FDA is ripping responsibly manufactured vapor products out of the hands of adult consumers and replacing them with cigarettes."

**WARNING: FDA SAYS**

**KEEP SMOKING!**

**DON'T VAPE.**

**Take Action to Save Vapor!**  
**www.vaportechology.org**

Sources:

[http://www.huffingtonpost.co.uk/2014/10/06/stoptober-stop-smoking-affects-body\\_n\\_3960096.html](http://www.huffingtonpost.co.uk/2014/10/06/stoptober-stop-smoking-affects-body_n_3960096.html)

<https://www.rcplondon.ac.uk/projects/outputs/nicotine-without-smoke-tobacco-harm-reduction-0>