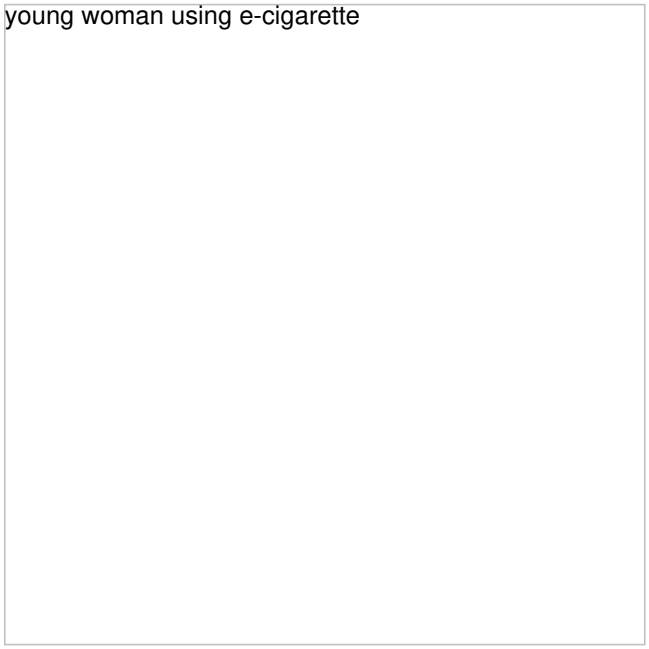
Does Vaping Help You Quit Smoking or Start Smoking?

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young woman using e-cigarette

So, e-cigarettes are supposed to help people quit smoking, right?
The opposite may be true.

A study of 915 U.S. adults compared people who used e-cigarettes with those that didn't. E-cigarette users were much more likely to start smoking tobacco within 18 month. For those who did not vape, 10.2% began using cigarettes within the next 18 months. For those using e-cigarettes, almost half (47%) had begun smoking within 18 months.

The reasons are still under investigation, but the use of sweet 'introductory' tobacco products may be a factor.

Source
https://www.ncbi.nlm.nih.gov/pubmed/29242110
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