

## Does Vaping Help You Quit Smoking or Start Smoking?

Printed from <https://www.cancerquest.org/newsroom/2017/12/does-vaping-help-you-quit-smoking-or-start-smoking> on 06/05/2026



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 months. 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>

Learn More

[See our section on tobacco products and cancer](#)