

E Cigarette Coupons

Sunny Zhang
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Dear Editor,

I hope more people can consider the adverse effects of e-cigarette coupons that lead to advertisements for vaping behaviors. The more people see electronic cigarette coupons, the more likely they will use e-cigarettes. Even people who have never used e-cigarettes are also more likely to start after receiving a coupon. This trend is harmful to people's health.

The e-cigarette coupons are sent by mail or email. A recent study discovered that discount coupons for e-cigarettes are a strong reason why more people start using these products. The e-cigarette coupons are leading to more harmful behaviors and people who had quit to relapse. It's also more challenging for people to stop vaping once they begin.

New York and New Jersey have already made laws in 2020 to stop these coupons but it appears it is not being enforced as they are still being used. This is alarming, and there should be outreach and educational resources. Also, stricter enforcement of regulations are needed.

If you're considering quitting smoking or vaping, contact your doctor and the NYS Smokers' Quitline at 866-697-8487 or <http://www.nysmokefree.com>. or text QUITNOW to 333888.

Best,
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