

## Cancer survivor on vaping: Don't even start

\*\*\*SOT\*\*\*

**Ralph Federle, cancer patient at OSF HealthCare in Alton, Illinois, on his cancer diagnosis**

"I wasn't really scared because I know where I'm going after I die. But just the mere thought of my family members, my daughter, my granddaughter. I have too much to live for. And so I would fight." (:13)

\*\*\*SOT\*\*\*

**Karen Boyd, nurse navigator at OSF HealthCare in Alton, Illinois, on the differences between vaping and smoking**

"Instead of inhaling the tobacco smoke, users inhale a vapor, and it's from a liquid e-juice. It goes directly into their lungs, which then immediately circulates through the body, through their bloodstream and into their brain." (:14)

\*\*\*SOT\*\*\*

**Ralph Federle, cancer patient at OSF HealthCare in Alton, Illinois**

"[The doctor] said he'd deal with the nicotine. Come to find out you can get [vapes] with no nicotine. I did that for a while. It helped me quit smoking cigarettes. And in a period of time, I wasn't interested in vaping anymore. I don't know if it was the cost or [something else]." (:16)

\*\*\*SOT\*\*\*

**Karen Boyd, nurse navigator at OSF HealthCare in Alton, Illinois**

"The nicotine delivery is a huge concern because one of these small Juul pods is equivalent to one package of cigarettes. You can go through one of these Juul pods very, very quickly in that vapor form. So you essentially could be smoking as much as two or three cigarette packs a day if you're using two or three of these Juul pods." (:23)

\*\*\*SOT\*\*\*

**Ralph Federle, cancer patient at OSF HealthCare in Alton, Illinois**

"Do not start. I never thought this would happen to me in a million years. I never thought this would happen. And here I sit." (:07)

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**Ralph Federle, cancer patient at OSF HealthCare in Alton, Illinois, on advice to quitters**

"Keep trying. You've got to quit. Because you don't understand just how much you've got to lose." (:09)