

Physician and pulmonologist Marat Farrahov explained that **lungs can begin recovering** after quitting vaping, although severe damage may prevent them from fully returning to a healthy state.

The body's **natural recovery mechanisms** activate **within a few weeks** after stopping smoking, but the extent of recovery depends on several factors:

- Duration and intensity of vaping
- Age
- Overall health condition
- Presence of chronic diseases

Although **e-cigarettes** do not contain **tar** or certain harmful combustion byproducts found in traditional cigarettes, they **still contain nicotine** and some **chemicals** that can harm the lungs.

Farrahov also emphasized that **drinking more fluids** is important when quitting vaping. Several factors influence how well the lungs recover.

**“Drink more fluids.”** This helps **thin mucus** and **clear the airways**. **Aerobic exercises** (walking, swimming, cycling) improve **lung, heart, and chest muscle function**. **Diaphragmatic breathing** and **pursed-lip breathing** techniques **strengthen breathing muscles** and **ease symptoms**. **Avoid pollutants**. Smoke, dust, and harsh chemicals can irritate the lungs and **slow down recovery**. If **coughing, wheezing, or chest pain persists**, a medical examination is advisable. In some cases, **pulmonary rehabilitation** may be necessary.” — the expert concluded.

***News materials should not be considered a substitute for professional medical advice. Before making any decisions, consult a specialist.***