

Health Effects of Vaping

How does Vaping happen & what is in it?

E-Cigarettes use a battery-powered heating element to heat a liquid, turning it into an aerosol that can be inhaled. The liquid contains nicotine, and a solvent to suspend the nicotine as well as to provide flavoring that improves taste.

The solvent contains

- Propylene glycerol and/or vegetable glycerin - both are toxic
- Chemicals and flavor agents - many of which can contribute to lung disease, cardiovascular disease, acute liver injury, COPD, asthma and lung cancer
- THC vaping pens may include vitamin E, which is dangerous to inhale and has been shown to implicate increased acute liver injuries that result in hospitalization and possible deaths.

What they tell you ...

The use of vaping has been marketed as a safer alternative to smoking, a tool to assist people to stop smoking cigarettes, and that it has little to no negative effects on others around you in correlation to secondhand smoke.

The Truth...

Is it safe? The FDA has not determined that using vaping to stop smoking is safe .

Will it help me quit smoking? The FDA has not found vaping to be an effective way to quit smoking.

Is it safe for the ones around me? Second-hand vape emissions have been judged to be hazardous by the surgeon general.

Will I be okay? These products have been used widely for less than a decade, the dangers of long-term use are unknown.

Is it better than smoking? There may be fewer harmful chemicals in vaping liquid, but these products do contain numerous dangerous and carcinogenic chemicals

Take-away:

1. Vaping Liquid contains dangerous chemicals that can contribute to lung cancer, and cardiovascular, liver and lung diseases.
2. If you wish to stop using nicotine, avoid switching to vaping as it is another addictive and dangerous method.
3. Vape product manufacturers have succeeded in addicting the next generation of nicotine addicts, using the same tactics first seen by tobacco companies in the 1950's.



Sources:

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