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The truth about vaping

Vaping is becoming popular as it is a safer way to avoid cigarettes. But It can still have health risks.

Vaping involves inhaling and exhaling vapor produced by an e-cigarette, vape pen or similar device.

E-cigarettes have propylene glycerol. When heated, this creates formaldehyde gas, a known carcinogen. There is controversy over the amount of heat required to form formaldehyde, as high-voltage vaping can release more formaldehyde gas,[1] and increased temperatures can lead to cell wall damage and a risk of cancer.[2] Additionally, vaping still exposes individuals to nicotine,[3] and it can increase the risk for gum disease[4] and inhalant-related emphysema.[5]

Vaping isn't just popular with adults; this trend is especially alarming among teenagers. The sleek design of vaping devices has encouraged teens to vape in public, including school classrooms or hallways. In 2016, more than 2 million U.S. middle and high school students used e-cigarettes in the past 30 days.[6]

Did you know?

Teens who use e-cigarettes are six times more likely to try cigarettes.[4]

Quick bites

Vaping isn't risk-free. Here's what you should know:

- Increased temperatures within the vape device lead to cell wall damage and cancer risk.
- Vapes can still contain nicotine and other toxins.
- Vaping can increase the risk of gum disease and inhalant-related emphysema.
- Use of e-cigarettes can lower a person's chances of quitting cigarettes by 28%[7]
- Vaping eliminates second-hand smoke but under heavy use, creates the risk of second-hand emissions[8]

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1. Medpage Today, "High-voltage Vaping May Expose Users to Formaldehyde," web. 2. Vicky Yu et al., "Electronic cigarettes induce DNA strand breaks and cell death independently of nicotine in cell lines," Oral Oncology, 52 (2016): 58-65. 3. American Association for Cancer Research, "AACR/ASCO Issue Joint Statement Recommending Increased Regulation of Electronic Nicotine Delivery Systems," web. 4. Nevin Zablotsky, "Electronic cigarette hazards," The Journal of American Dental Association, 148, no. 2 (2017): 60. 5. MLive, "E-cigarette vapor could lead to emphysema, say CMU researchers," web. 6. Centers for Disease Control and Prevention, "Electronic Cigarettes," web. 7. Reuters, "E-cigarettes Tied to Reduced Odds of Quitting Smoking," web. 8. American Chemical Society, "Exposure to toxins in e-cig vapor varies depending on scenario," ScienceDaily, August 2017.