



Health

Vaping and E-cigarettes



Vaping Is Not Harmless

Many people take up vaping, thinking it's safer than smoking cigarettes, cigars, or pipes or using smokeless tobacco, but vaping comes with health risks, too.

What Is Vaping?

Vaping is a way to "smoke" and take in addictive nicotine, without exposing yourself to tobacco. **Vaping devices are also called electronic cigarettes, e-cigs or vape pens.** They heat up a liquid, also known as e-liquid or e-juice. The heated e-juice forms a fine mist that users inhale and exhale.

E-cigarettes come in a variety of sizes and shapes. Some devices may be difficult to spot. Many of the smaller vape pens look like ordinary objects such as cigarettes or pipes. Juul is a popular brand that makes smaller e-cigs that look like USB drives. They are easy to carry or use without being noticed.



These products are particularly dangerous because they have a high level of nicotine—one pod can contain as much as a pack of regular cigarettes—which is extremely addictive and has a number of negative health effects.

Larger devices, called "tanks" or "mods," allow the user to modify its parts and power. For example, different batteries, tanks and mouthpieces can be selected to increase the temperature and amount of vapor inhaled. Using high heat settings can increase the amount of cancer-causing chemicals in the vapor.

In this brochure:

- What vaping is and why it can be as harmful as smoking cigarettes
- Vaping liquids contain cancer-causing chemicals and heavy metals
- While many people start vaping to try to quit smoking, devices typically contain addictive nicotine

ADA Healthy Smile Tips

- Brush your teeth twice a day with a fluoride toothpaste.
- Clean between your teeth daily.
- Eat a healthy diet that limits sugary beverages and snacks.
- See your dentist regularly for prevention and treatment of oral disease.

For more information about taking care of your mouth and teeth, visit MouthHealthy.org, the ADA's website just for patients.



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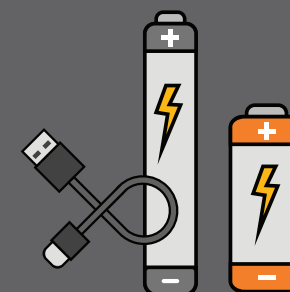


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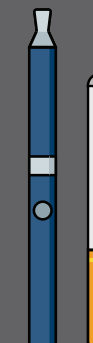
Tanks & Mods



Rechargeable E-cigarette



Disposable E-cigarette



Vaping among Children Is a Public Health Threat

Vaping continues to cause oral and health-related concerns. In 2018, vaping was declared a public health epidemic by the US Surgeon General. The Food and Drug Administration (FDA) has taken steps to ban products marketed for young people, but even after these steps, the numbers are troubling.

Vaping is especially common among children from junior high to high school. In a 2021 study, about 1 out of every 35 middle school students (2.8%) said that they had used e-cigarettes in the 30 days before completing the study questionnaire. In that same study, 1 of every 9 high school students (11.3%) reported having used an e-cigarette in the previous 30 days.

Nine percent of adults say they vape.

What Am I Inhaling?

The mist you are inhaling while vaping contains various harmful chemicals and particles:

- Chemicals that are known to cause cancer
- Chemicals that can lead to serious lung diseases, like asthma or chronic obstructive pulmonary disease (COPD)
- Heavy metals, such as nickel, tin and lead
- Very small particles that can be inhaled deep into the lungs, then can become trapped and cause breathing problems
- Flavorings that can increase the risk of cavities
- Possibly other substances unknown to the user, such as marijuana

Vaping devices also typically contain nicotine. Studies show that many products marketed as “nicotine free” or “no nicotine” may still contain this highly addictive chemical. Nicotine can cause the user to become quickly hooked on vaping.

In addition, nicotine carries its own dangerous health effects, including:

- Damage to adolescent and young adult brain development, which continues into the early to mid-20s
- Increased risk to pregnant women and their developing babies
- Memory loss with long-term use
- Narrowing or hardening of the arteries which may lead to stroke or heart disease

Vaping Liquids

The liquid that is used in disposable vape pens can come in a variety of flavors, including fruity or candy flavors that are very popular among teenagers. These flavors come from chemicals that, according to the FDA, can harm your lungs when inhaled.

In addition to flavors, vaping liquids can also contain marijuana. From 2017 to 2019 the number of teens who vape marijuana doubled.

Can Vaping Help Me Quit Smoking?

Some people start vaping with the hope that it will help them quit smoking cigarettes. Unfortunately, there is not enough research to show that this is the case. One study found that people who smoke cigarettes and try vaping as a means to quit can wind up using both. Healthcare providers and government agencies recommend several proven ways to help you stop smoking. They include nicotine replacement therapy—such as nicotine gum, patches or lozenges—in addition to behavioral therapy.

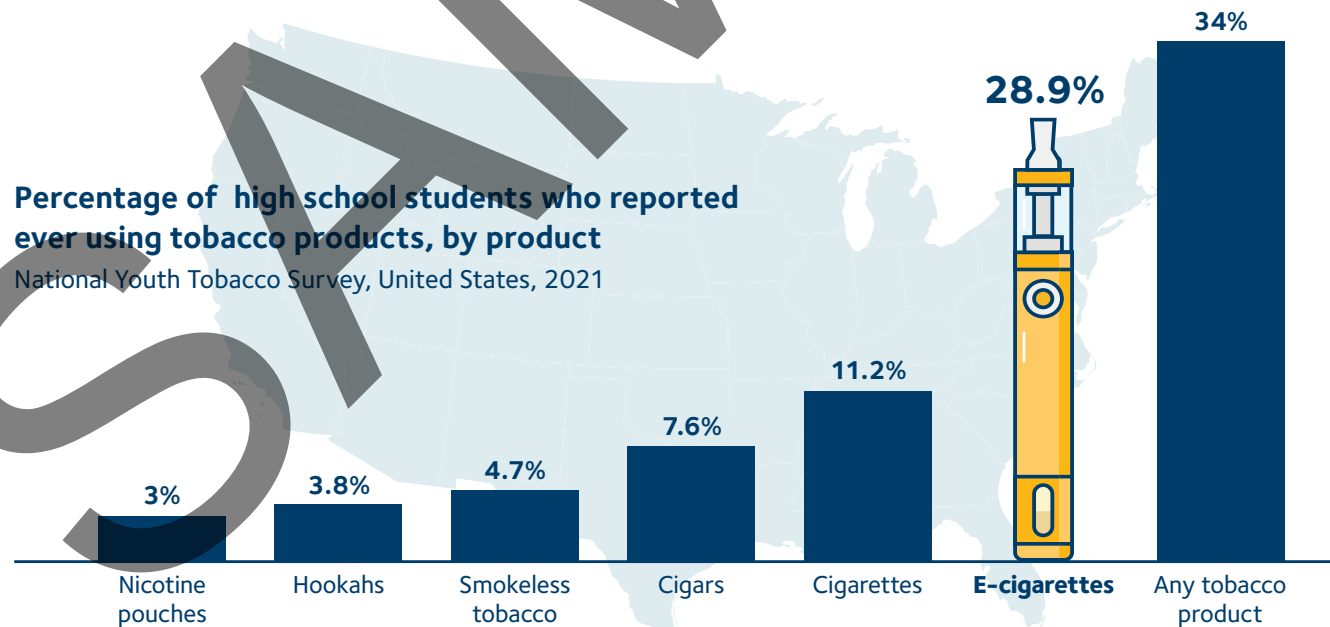
Quitting Tobacco

If you want to quit using any form of tobacco, including smokeless, cigarettes or vaping, talk to your dentist or physician. You can also call the national hotline at **800-QUIT-NOW (800-784-8669)** for free resources and support. In addition, there are online courses and smartphone apps you can download to help you quit smoking cigarettes or vaping.



Percentage of high school students who reported ever using tobacco products, by product

National Youth Tobacco Survey, United States, 2021



In 2021, approximately

1 in 9
high school students

.....and.....

1 in 35
middle school students

currently used e-cigarettes.

