

The Health Hazards of Vaping

By Debbie Neumayer

Let's face it. The smoking habit is a strong addiction. In fact, some people say it's worse than trying to overcome heroin. And when you want to quit, there is a confusing array of smoking cessation products beckoning at every turn: transdermal patches, gum, lozenges, sublingual tablets, inhalers, prescription medications--and now the latest trend, electronic cigarettes.

E-cigs, as they are called, consist basically of three components: a cartridge, battery and an LED light. When turned on, the e-cig heats up liquid in the cartridge, which then produces an aerosol mist. The smoker inhales the vaporized liquid, an activity known as "vaping." Although ingredients in the liquid vary, they usually contain nicotine and chemicals, plus additives and artificial flavoring.

Are e-cigs safer than smoking tobacco?

Despite the marketing claims that e-cigarettes are safer than smoking tobacco, scientific experts are expressing concern. Dr. Harvey B. Simon, editor of *Harvard Health Publications*, states in the September 22, 2011 issue: "There are three reasons to worry about electronic cigarettes. First, the dose of nicotine delivered with each puff may vary substantially. An FDA analysis recorded nicotine doses between 26.8 and 43.2 micrograms per puff. It also detected nicotine in products labeled as nicotine free.

"Second, electronic cigarettes deliver an array of other chemicals, including diethylene glycol (a highly toxic substance), various nitrosamines (powerful carcinogens found in tobacco), and at least four other chemicals suspected of being harmful to humans. To be sure, the dose of these compounds is generally smaller than found in 'real' cigarette smoke. But it isn't zero.

"Third, by simulating the cigarette experience, electronic cigarettes might reactivate the habit in ex-smokers. They could also be a gateway into tobacco abuse for young people who are not yet hooked." *In other words, vaping might lull users (or potential users) into a false sense of security.*

Second-hand vaping

Adverse health consequences from breathing second-hand “e-smoke” is another alarming issue. The chemicals and particulate matter exuded in e-cig vapor can irritate, and even damage, a bystander’s throat, eyes, and nose. It’s especially toxic for the elderly, young children, and those with respiratory medical conditions to inhale it, especially indoors. Research reveals that vaping can contaminate the air with compounds linked to lung and cardiovascular disease, cancer, and other disorders.

When it’s all said and done, nicotine is still a powerful health-damaging toxin and highly addictive drug. Whether it’s huffed via conventional cigarette smoke or e-cig vapor, nicotine has proven to rob you of both health and wealth. And it doesn't make sense to replace nicotine with nicotine. Like stop-smoking expert Allen Carr says, "Substitutes that contain nicotine actually prolong the addiction. How can you cure addiction from a drug by taking the same drug you're addicted to? It's absolute nonsense!"

Perhaps most disturbing is the fact that health experts are squabbling about the potential hazards of vaping. E-cig devices are largely unregulated and those who vape –either directly or indirectly--are all guinea pigs. Why not leave the addiction merry-go-round altogether? Avoid all the gimmicks and employ a proven, straightforward program—for everyone’s benefit! Read the book "Easy Way to Stop Smoking" by Allen Carr. It's helped countless people kick the nicotine habit for good without withdrawal symptoms or other negative side effects.

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