“I’m not smoking, I’m vaping”

What are they?

In brief, e-cigarettes consist of a battery, a cartridge filled with nicotine, a solution of propylene glycol or glycerin mixed with water, and an atomizer to turn the solution into a vapor. When the user inhales, the solution is vaporized – hence the term vaping – and nicotine hit to the lungs is delivered without tar and toxins. And this, insist e-cigarette users and supporters, is what makes the crucial difference and distinction between those and traditional cigarettes. Some liquids contain flavoring, making them more appealing to users.

Depending on whom you talk or listen to, e-cigarettes either offer the best hope yet of significantly reducing harmful smoking, or are a new way for tobacco companies to regain some control in the falling tobacco market.

Pros

- “You are vaporizing a liquid-based substance as opposed to burning vegetation, which is overall better for the lungs.”
- Like real cigarettes, vapor pens contain nicotine but the difference is that these do not release tar into your lungs, which is the reason for deaths of cigarette smokers.
- The latest generation of e-cigarettes or vapes are far less toxic compared to the first ones that came out 10 years ago.
- Several long-term smokers have said that they were not able to quit smoking cigarettes until they picked up an e-cig.
- Some say that if a young adult were to try a vapor pen before they tried a real cigarette, they will be less tempted to try an old style cigarette.

Cons

- Critics also raise the concern that e-cigarettes can serve as a gateway for young adults and teens to experience a form of smoking before graduating to any other types of substances.
- Some argue that vape pens are a glittering gateway to the deadly, old-fashioned habit for children, and that adult smokers will stay hooked longer now that they can get a nicotine fix at their desks.
- FDA analysis of two popular brands found variable amounts of nicotine and traces of toxic chemicals, including known cancer-causing substances (carcinogens).
- People don’t see as many people smoking cigarettes now as they did before and now with the introduction of the e-cigs they are renormalizing smoking.
- E-cigarettes may cause airway irritation.
- “Some of the cartridges can be really big and contain a lot of nicotine.” “So in theory, if someone were suicidal or a child got ahold of them, they could get a potentially lethal dose of nicotine.”
- High doses of nicotine overtime can have negative effects on the cardiovascular and metabolic systems.

What research is showing

Currently, it is too soon to know the long term effects that electronic cigarettes will have on the user or the population because the product is still so new. But due to the numerous pros and cons, doctors are skeptical to the different solutions or problems this device may create.

Sources

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