Vaping
Harm Reduction or Harm Promotion?
Get the Facts – Make the Healthier Choice!

IS VAPING BAD FOR YOU? AND 12 OTHER FAQS

Vaping has risks, regardless of what you vape. Although it's less risky than smoking cigarettes, the safest option is to avoid vaping and smoking altogether.

Effects on heart
Effects on lungs
Effects on teeth and gums
Other physical effects
Vaping vs. smoking
Vaping vs. Juuling

With vs. without nicotine
Marijuana and CBD oil
Fluid flavor
Ingredients to avoid
How to minimize side effects

For more go to healthline.com

HERE’S HOW A SINGLE SESSION OF VAPING CAN HURT YOUR LUNGS

Researchers are learning how vaping e-cigarettes can cause lung damage.

- One vaping session can result in changes in blood flow.
- Researchers worry vaping can lead to hardening of arteries over time.
- Vaping remains most popular with young people under 30.

For more go to Vaping? #NotEvenOnce

Scientists show how vaping induces reactions in lungs that can lead to disease.

In a study published in the American Journal of Respiratory and Critical Care Medicine, the UNC scientists found that the lungs of vapers—like the lungs of smokers—have elevated levels of protease enzymes, a condition known to cause emphysema in smokers.

The researchers also found that the nicotine in vaping liquids is responsible for the increase in protease enzymes. “Our findings in this study indicate that vaping may not be safer than cigarette smoking,” said study senior author Robert Tarran, Ph.D., a professor in the department of cell biology and physiology and member of the Marsico Lung Institute at the UNC School of Medicine.

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This guide supports health care providers, systems, and communities seeking to prevent vaping. It describes relevant research findings, examines emerging and best practices, identifies knowledge gaps and implementation challenges, and offers useful resources.
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OTHER ARTICLES: (CLICK TO VISIT)

E-Cigarettes and Vaping-Related Disease
Vaping and popcorn lung?
Adolescents’ Use of “Pod Mod” E-Cigarettes — Urgent Concerns
CDC, FDA, States Continue to Investigate Severe Pulmonary Disease Among People Who Use E-cigarettes
DON’T BUY STREET VAPING PRODUCTS, CDC, FDA WARN

Officials Warn People Against Vaping Amidst Outbreak of Mysterious Lung Disease
School vaping ban goes into effect as students return
New York State Dept of Health: Unexplained Vaping-associated Pulmonary Illness
India proposes ban on e-cigarettes, with jail terms for offenders
North Carolina Says It Is Suing 8 E-Cigarette Companies
What’s New in E-Cigarette Regulation?

Youth Vaping and Associated Risk Behaviors — A Snapshot of Colorado
Juul is the new Big Tobacco? Wave of lawsuits signal familiar problems
Vaping-Related Injuries Surge; ‘Consider Not Using’ e-Cigs: CDC
Kansas confirms first death due to vaping, sixth vaping-related death nationwide
What we know about the mysterious vaping-linked illness and deaths
Not so fast CDC is not ready to blame illicit street vapes for illnesses

Pulmonary Illness Related to E-Cigarette Use in Illinois and Wisconsin — Preliminary Report
Imaging of Vaping-Associated Lung Disease
Vaping Illnesses: Consumers can Help Protect Themselves by Avoiding Tetrahydrocannabinol (THC) — Vaping Products
FDA warns JUUL Labs for marketing unauthorized modified risk tobacco products, including in outreach to youth
FTC Sends Warning Letters to Companies Advertising Their CBD-Infused Products as Treatments for Serious Diseases,
US Government looks to ban flavoured vaping products

What you should know about the outbreak of server lung problems linked to e-cigarettes and vaping – Gold, MD
Vaping: As an imaging scientist I fear the deadly impact on people’s lungs
#PotVaping – Facts & Talking Points
VAPING In Australia – Not Reducing Harm!
CDC – Centre for Disease Control (Outbreak of Lung Injury Associated with E-Cigarette Use, or Vaping)