

Vaping

Harm Reduction or Harm Promotion?

Get the Facts – Make the Healthier Choice!



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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.

[Medical Xpress August 2019](#)



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Coalition of Alcohol and Drug Educators

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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 sixth death linked to vaping, sixth vaping-related death nationwide



What we know about the mysterious vaping-related 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



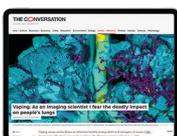
FTC Sends Warning Letters to Companies Advertising Their CBD-Infused Products as Treatments for Serious Diseases,



US Government looks to ban flavoured vaping products



What you should know about the multistate outbreak of severe 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)