

Hazards of Vaping

When you choose to VAP, you chose the possibility of dying early from cancer.

Most E-cigarettes contain the chemical nicotine, which is addictive. When you stop using it, you can go into withdrawal and feel depressed and crabby. Nicotine isn't good for people with heart problems. And some initial research shows it may hurt your arteries.

Important facts of Vaping:

- 1) Vaping harms the developing brains of kids and could affect memory and attention. This could affect your brain for the rest of your life.
- 2) Vaping lowers the body's ability to fight infections.
- 3) E-cig usage is linked to depression.
 - a) Researchers found a strong association between individuals living with anxiety, depression, and other mental health issues, and the use of e-cigarettes. Their findings indicate that people who experience these conditions are three times as likely to be current users of vaping devices compared to individuals with no mental health conditions.

Most Common Side Effects of Vaping?

Many side effects of vaping are attributed to the vapor they produce, while some side effects are attributed to nicotine. Here are the side effects of vaping most commonly associated with the dehydration the vapor causes:

- Dryness of the mouth
- Dryness of the eyes
- Dryness of the skin
- Dryness of the lips
- Sensitive or bleeding gums
- Cough and general throat irritations
- Headache
- Nosebleeds
- Dulled ability to taste food

Some brands contain chemicals including formaldehyde -- often used in building materials & embalming fluid -- and another ingredient used in antifreeze that can cause cancer.

Flavors in e-cigs also raise red flags. Some use a buttery-tasting chemical called diacetyl, which is often added to foods like popcorn. When it's inhaled, it can be dangerous.

"Diacetyl is a well-known harmful chemical, which, among other things, causes a lung disease called 'popcorn lung,'" says Erika Sward, assistant vice president for national advocacy at the American Lung Association.

Are They Safer Than Smoking?

E-cigarettes aren't thought of as 100% safe, but most experts think they're less dangerous than cigarettes. But they still are very harmful for you. Cigarette smoking kills almost half a million people a year in the United States.

*** My mother died of lung cancer due to smoking cigarettes.

*** My son lost his grandmother and I lost my best friend, my mom.

You have to ask yourself this question? Do you want to vape now and take the potential risk of dying sooner? Or, do you want to live a long, healthy life to play more tennis? Hang out with your friends? Move onto college? Meet someone and perhaps start a family down the road?

It is your choice to choose the trendy idea of vaping or choose the odds of a longer, happy life. You get to choose. Choose wisely.