

The Dangers of E-Cigarettes

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Health Education Council

E-cigarettes are often marketed as a safer alternative to tobacco products, but the truth is that they come with their own health risks. Most e-cigarettes contain nicotine, a highly addictive substance that can harm the brain, particularly during developmental years. While long-term health effects are largely still unknown since e-cigarettes are such a new product, ingredients in e-cigarette aerosols could very well be harmful to the lungs.

Recently, there has been an increase in cases of e-cigarette or vaping use-associated lung injury (EVALI). According to the American Lung Association, 96% of cases required hospitalization.

Youth are often the targets for vape companies who use recognizable flavors mimicking fruit and candy as well as menthol to numb the throat. E-cigarette use in adolescence is associated with increased risk of cigarette use and may be associated with increased risk for future addiction to other drugs. Other association include mental health symptoms like depression.

E-cigarettes also contribute to the secondhand smoke, with studies finding the presence of nicotine and other chemicals in the air after indoor e-cigarette use.

If you or someone you know need help quitting tobacco, call **1-800-NoButts** or **1-800-45-No Fume**