

Vaping

Harm Reduction or Harm Promotion?

Get the Facts – Make the Healthier Choice!



Coalition of Alcohol and Drug Educators

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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](https://www.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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OTHER ARTICLES: *(CLICK TO VISIT)*



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



Juul ignored law in US e-cigarette adverts



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



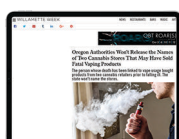
Not so fast CDC isn't ready to blame illicit street vapes for illnesses



Pulmonary Illness Related to E-Cigarette Use in Illinois and Wisconsin — Preliminary Report



Imaging of Vaping-Associated Lung Disease



Oregon authorities won't release the names of two cannabis stores that may have sold fatal vaping products



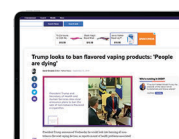
Vaping Illnesses: Consumers can Help Protect Themselves by Avoiding Tetrahydrocannabinol (THC)-Containing Vaping Products



FDA warns JUUL Labs for marketing unauthorized modified risk tobacco products, including in outreach to youth



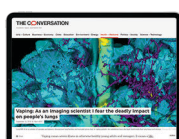
FTC Sends Warning Letters to Companies Advertising Their CBD-Infused Products as Treatments for Serious Diseases,



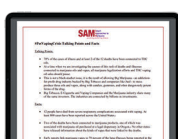
US Government looks to ban flavoured vaping products



What you should know about the outbreak of 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)