

# PROTECT YOUR LUNGS

## Vaping risks

Electronic cigarettes, often called vapes, are a common tobacco product used by youth in the United States. According to the FDA and Centers for Disease Control and Prevention (CDC) National Youth Tobacco Survey, about 19.6 percent of high school students reported in 2020 that they used electronic cigarettes in the past 30 days. These devices deliver vaporized liquid into the lungs and can be easy to conceal — frequently resembling common items such as pens and USB drives. Attractive flavors, the perception of lower health risks, and acceptance among peers make vapes an attractive option to teens.



*“Younger adult smokers are the only source of replacement smokers ... if younger adults turn away from smoking, the industry must decline, just as a population which does not give birth will eventually dwindle.”*

— 1984 RJ Reynolds Tobacco marketing report

## Health risks

Vaping is often presented as being safer than traditional cigarette smoking; however, it has been linked to serious lung disease. Multiple studies have noted the association of e-cigarette use with increasing reports of difficult or labored breathing, chronic cough, bronchitis, wheezing and asthma.

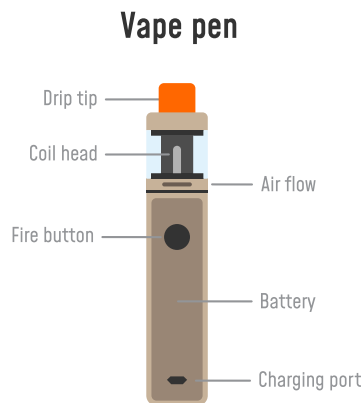
E-liquids can contain several hundred different chemicals. Almost all of these chemicals are toxic to users and bystanders. Heavy metals, fine particles, chemicals and other substances in e-liquids are mistaken as water vapors by most users.

## Vaping and nicotine

Teens sometimes do not realize that their fruity-flavored e-cigarettes contain nicotine. Many devices contain 10 times more nicotine than a pack of traditional cigarettes. Nicotine is highly addictive for young brains, and can cause long-lasting negative effects on development. This may include impaired attention, learning, memory and mood changes. Nicotine also affects the brain’s pleasure system, and increases long-term sensitivity to other psychoactive substances and drug-seeking behaviors.

## Did you know?

- E-liquid products are available to be purchased online without any regulation regarding their contents.
- A CDC study found that 99 percent of the e-cigarettes sold in the United States contained nicotine.
- The nicotine in one vape can equal 50 cigarettes.



- Vapes can contain the same harmful chemicals found in cleaning products, nail polish remover, weed spray and bug spray.
- Vapes have been known to malfunction and cause serious burns.
- Studies have shown that the odds of traditional cigarette smoking triples for nonsmokers with any experience of vaping compared to those who have no experience of vaping.
- The World Health Organization suggests that e-cigarettes cannot be considered a viable method to quit smoking.

## Our team

Ascension St. Vincent offers a wide range of inpatient, surgical and outpatient respiratory care services. Our care teams are experienced in treating many respiratory diseases and conditions, including recurring bronchitis, emphysema, asthma, chronic obstructive pulmonary disease, and more. We start by listening to you, answering your questions, and developing the right care plan for your condition and needs.

## Comprehensive care for chest and lung cancers

Ascension St. Vincent Cancer Care delivers advanced lung care — from early detection to comprehensive cancer treatment.

To learn more or to schedule an appointment, call 317-338-3900 or visit [ascension.org/stvincentlungcare](https://ascension.org/stvincentlungcare)