

Better You Healthy Words of Wisdom: Vaping

Electronic Nicotine Delivery Systems and Heated Tobacco Products

Electronic Nicotine Delivery Systems (ENDS) include e-cigarettes, e-pipes, e-cigars and e-hookahs. These devices deliver vaporized nicotine and harmful chemicals into the user's lungs and harmful secondhand substances when the user exhales. Using ENDS is sometimes referred to as "vaping." Some e-cigarettes resemble regular cigarettes, pens, USB sticks and other common items. Larger devices such as tank systems or "mods" don't look like other tobacco products. A typical device has a battery, a heating element, and a refillable or disposable cartridge that holds the e-liquid. The e-liquid typically contains a mixture of nicotine, propylene glycol and glycerin, and may contain flavoring chemicals.

Approximately 4% of Floridians use e-cigarettes. More than half of e-cigarette users are dual users meaning they smoke cigarettes and vape. E-cigarettes are particularly popular among young people. Youth vaping has increased so much across the country, the FDA has declared it an official epidemic.

Using ENDS and breathing the secondhand vapor given off cause exposure to numerous hazardous chemical compounds. Studies have demonstrated the presence of formaldehyde and other harmful chemical compounds as well as heavy metals

including nickel, tin and lead. Nicotine is harmful to the developing brain of unborn children and young adults into their early 20s. Young children's developing lungs are also particularly vulnerable. Flavoring chemicals have been shown to generate free radicals which cause oxidative stress and may increase the development of cardiovascular disease, chronic obstructive pulmonary disease (COPD) and cancer. In addition to the dangers of these chemical compounds, injury and burns have resulted from batteries that have exploded. Children and adults have died from the ingestion of nicotine liquid.



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Many smokers have switched from cigarette use to a newer technology that involves tobacco heating systems (THS). These nicotine delivery systems provide a similar experience to smoking traditional cigarettes. In contrast to e-cigarettes that vaporize an e-liquid, heated tobacco devices deliver nicotine from actual tobacco. Some of these units require battery charging and regular cleaning; others are disposable. Both types involve the burning of a heated tobacco unit sometimes referred to as a HeatStick that contains a plug made from pressed tobacco sheets. Offering a menthol option

as well as a high-tech appearance may prove to be appealing to youth. Manufacturers of these products claim that because the tobacco is not heated to the point of combustion, negative health effects are reduced. More studies are needed to support or disprove these claims.

Nicotine, however delivered, produces harmful health effects and is an addictive substance. As such, it should be especially avoided by minors, pregnant or breastfeeding women, people with heart disease and those with severe high blood pressure or diabetes.

Resources: www.cdc.gov; www.fda.gov

Notes