

INTRODUCTION

Vaping devices also known as E-cigarettes are battery-operated devices that people use to inhale an aerosol, which typically contains nicotine, flavorings, and other chemicals. Vaping devices are most popular among teens in the United States. Some research shows that many teens are not even aware that vaping cartridges contain nicotine, and assume the pods contain only flavoring. The easy availability and the belief that they are safer than smoking have made them appealing to young generation. Even if its less harmful than smoking, its still not safe. A study showed that students who had used e-cigarettes by the time they started 9th grade were more likely than others to start smoking cigarettes and other smokable tobacco products within the next year.

VAPING VS COMBUSTIBLE SMOKING

Vapes or e-cigarettes are considered as safer alternative as they contain fewer than 7000 chemicals found in tobacco products, yet they are not entirely safe. Smoking delivers nicotine to your lungs by burning tobacco whereas vaping uses a battery-operated heater to warm an e-liquid or e juice creating vapor. But both the methods can deliver nicotine in the lungs, they can lead to serious health complications and nicotine addiction. When the vapor is inhaled from vapes, chemicals cannot only damage the lungs, but are carried very quickly to the rest of the body. Even though long-term effects of vaping are still being studied, FDA has not approved of any vaping device as a tool for tobacco cessation.

SYSTEMIC HEALTH IMPLICATIONS OF VAPING

- A large proportion of students in 8th, 10th and 12th grades reported vaping with e-cigs containing nicotine.
- Nicotine can increase the risk of cancer and other systemic illness, including lung, gastrointestinal, pancreatic and breast cancers.
- It can also cause cardiovascular diseases, compromised immunity, macular degeneration, chronic kidney disease and reproductive diseases.
- Nicotine and cannabis have also been shown to affect brain development and mental health.

ORAL HEALTH IMPLICATIONS OF VAPING

- Vaping aerosol can increase the risk of dry mouth, which in turn increases your risk of developing a range of oral health problems, like cavities, mouth sores, periodontal disease and oral cancers.
- Nicotine and other compounds in vaping can also stain the teeth through frequent use, these can also attract the bacteria and can increase the risk to oral health.
- E-cig use is linked with higher probing depths, greater attachment loss and increased marginal bone loss when compared to non-smokers.
- Nicotine's damaging effect on periodontal health is established.

FACTS TO KNOW ABOUT VAPING

- Many vapes contain nicotine making them very addictive.
- The Nicotine in one vape can is equal to 50 cigarettes.
- Young people who vape are 3 times more likely to take up smoking.
- Vaping is linked to serious Lung diseases.
- Vaping can contain same harmful chemicals found in cleaning products, nail polish remover, weed killer and bug spray.
- Vaping comes in variety of designs and style and can be easy to conceal.

PREVENTIVE MEASURES WHICH PARENTS AND TEACHERS CAN TAKE

- According to surveys, most of young people started vaping to deal with stress, anxiety and depression.
- AHA is collaborating with schools to produce a national youth vaping prevention curriculum to educate the kids about effects of vaping and ways to quit it.
- The teens and young people should be made aware of the common misconception of e-cigars as a stress reliever.
- Experts agree that students are not aware of the harmful consequences of using e-cigarettes, and its education will prevent many from nicotine addiction.
- Parents and teachers should know about different forms and style of vape designs available in the market.



CONCLUSION

- Despite vaping being considered less harmful than tobacco smoking, it has been found to cause similar negative effects on lung function and cardiovascular function along with increased cancer risk.
- According to the CDC by early 2020, there had been around 2.800 hospitalizations or deaths total with 68 of those confirmed from vaping.
- Long term effects of vaping is still being studied, however, vape products can reduce tar and other chemicals a person inhales, but they can increase a person's nicotine dependency.

REFERENCES

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