

3 Experts Explain the Negative Effects of Vaping

February 8, 2018 By [Smart Social Team](#) - [Leave a Comment](#)

Recently, our team was approached by a mother who is concerned about the message high school students are receiving about vaping and e-cigarettes. She said, “the message students are getting is that vaping is better than smoking cigarettes, but the reality of inhaling any chemical into your lungs is harmful and the effects to your brain are harmful”. So, we asked doctors and health experts to explain the effects of vaping and to share their best tips parents can use to talk to their children about vaping.



3 Experts Explain the Negative Effects of Vaping

1. Chemicals found in e-cigarette vapor can be equally as damaging as regular cigarettes

Dr. Gary Glassman, [Endodontic Specialists](#) , [@DrGaryGlassman](#)

When it comes to oral health, the chemicals



Dr. Gary Glassman

found in e-cigarette vapor can be equally as damaging and in some cases more damaging than regular cigarettes. The damage from vaping can lead to problems such as gum disease, tooth loss, and mouth cancer.

Nicotine is listed as one of the ingredients in vape liquid, which has been proven to cause recession of the gums because it reduces that blood flow that passes through the veins. It therefore deprives the gums of crucial nutrients and oxygen necessary for optimal health. Over time, that can cause gum tissue to wither and die. Nicotine can also be a contributing factor in conditions like periodontitis and gingivitis, and is also a muscle stimulant, which can cause people who are teeth grinders an elevation in their problem. Vaping can also cause smokers cough. For vapors who use e-liquids that have zero nicotine content, they will not experience the cough, but their gums can still be an issue so they need to keep up with regular dental check ups to help screen for potential vascular effects on your gums, possible gingivitis and other conditions.

2. The effects of vaping puts people at risk of heart disease and strokes

David Belk MD, [Internal Medicine](#)

The main purpose of vaping is to inhale nicotine without inhaling tobacco smoke. Here's the problem with that:



David Belk MD

The most addictive chemical in tobacco is nicotine. It's also one of the most toxic chemicals in tobacco. Nicotine is a potent neurotoxin and is the chief cause of the cardiovascular

problems associated with tobacco use including strokes and heart attacks.

People think that cigarettes are bad because they cause cancer, but cigarettes kill far more people through cardiovascular diseases than by the cancers they cause. Vaping puts people at at least as much risk of heart disease or strokes as any other type of tobacco use.

3. Recent studies suggest that vaping can be more dangerous than smoking cigarettes

Caleb Backe, [Maple Holistics](#)

Many recent studies have now suggested that vaping can be more dangerous than smoking traditional cigarettes. While this doesn't mean that cigarettes are in any way healthier, when weighed up against each other, vaping tends to come up as being the slightly more hazardous option of the two.

The reasons for the dangers of vaping are quite obvious – you're sucking harmful chemicals into your lungs and generally more often than you would with cigarettes because they taste better and feel lighter.

Because of the high levels of heat generated by the coil found in vaporizers, the direct inhalation of harmful chemicals and metals such as formaldehyde, acetaldehyde, manganese, nickel and chromium has a more harmful effect on your mouth, throat, and lungs because the



Caleb Backe

concentration of the smoke is a lot higher (vaporizers tend to create more internally concentrated smoke) and the allure of delicious flavoring helps to disguise the danger somewhat.

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