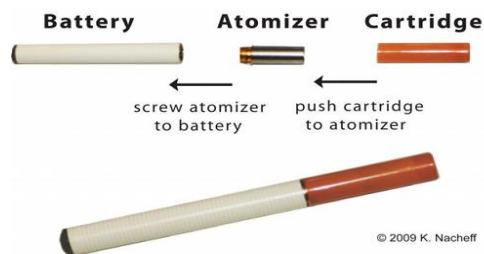


## What is vaping?

Vaping is the act of inhaling a water vapor through a vaporizer, sometimes called a vape pen or electronic cigarette (e-cigarette). These are battery-powered devices that are usually shaped like a pen or tobacco cigarette. A cartridge inside holds a liquid, usually containing nicotine or hash oil, along with other chemicals like artificial flavors. A heating element warms up the liquid until it becomes a vapor, and users inhale the vapor and exhale a puff of fog or steam that looks like smoke but isn't.

Vape pens are **often used to ingest nicotine**, and are an alternative to smoking tobacco cigarettes. Research shows that young people are using e-cigarettes at a much higher rate than they are smoking tobacco, with as many as 29% of teens reporting they have tried e-cigarettes.

Vaping has also become **an increasingly popular way to ingest THC**, the active compound in marijuana or pot. Marijuana is dissolved in butane and other chemicals in order to create hash oil, which can be heated in vape



## Is vaping safe?

A common misconception about vaping is that it is safe, because you are **not inhaling** smoke. While the absence of smoke does make vaping less dangerous than smoking marijuana or traditional tobacco cigarettes, vaping is not considered safe or risk-free by the FDA. Since vaping is relatively new, we don't know all the long-term effects yet. Here are some **health risks** we do know about:

- **Nicotine is addictive.** Whether you are smoking or vaping you are still ingesting nicotine - a highly addictive drug
- **Nicotine can cause permanent damage to the developing brains of teens and young adults.** Regular smokers show decreases in cognitive function compared to nonsmokers.
- Teens who use e-cigarettes have a **higher likelihood of going on to become regular tobacco smokers.**

- **The liquids in e-cigarettes may contain dangerous solvents and chemicals.** Cancer-causing substances like formaldehyde are produced when the liquid in e-cigarettes is heated into vapor.
- **Vaping harms lungs.** The aerosol vapor produced by e-cigarettes gets into the tiny airways in your lungs, which could result in breathing problems and getting tired more easily
- **Butane hash oil contains much higher concentrations of THC than marijuana,** and it is very difficult to control how much you ingest. Experts -- including supporters of marijuana use -- have issued warnings about the possibility of overdosing on THC by vaping hash oil

<http://us.reachout.com/facts/factsheet/vaping1>