

# UP IN SMOKE: TEENAGE HABITS & ITS CONSEQUENCES

By: J. Blando, J. Chen, H. Jang, A. Kim, D. Narain & J. Sullivan

# INTRODUCTION

How much do you know  
about vaping?

Do you know people who  
vape?

Do you know some effects of  
vaping?





# Quick Facts About Vaping

History and How It Works



# A BRIEF HISTORY OF E-CIGARETTES

## Timeline

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### E-cigarettes

The idea of “electronic cigarettes” dates back as far as the 1930s and was patented by Joseph Robinson. It was never commercialized.



**1990s**

Numerous tobacco firms and private inventors patent inventions similar to modern e-cigarettes.



**2003**

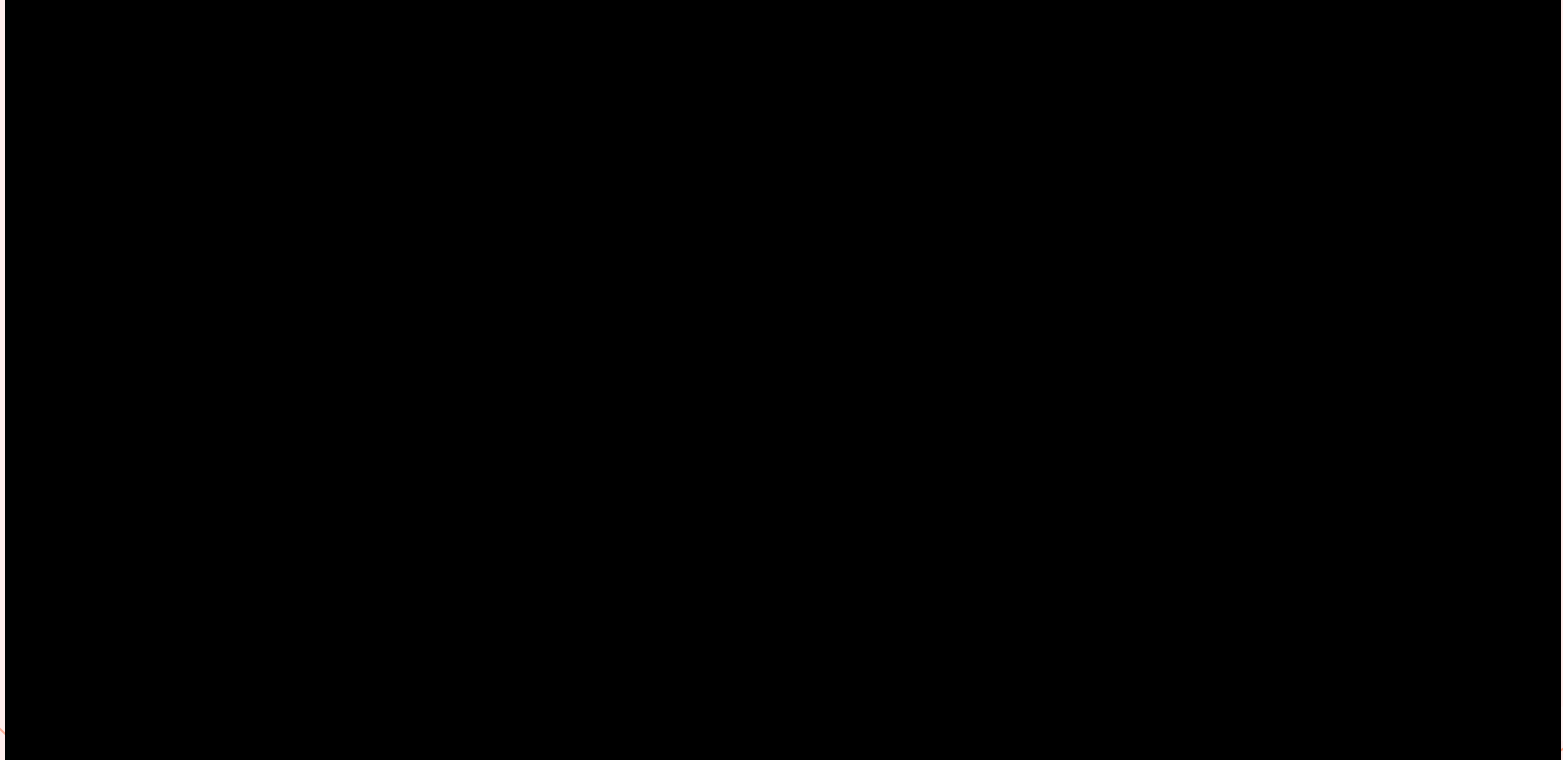
Hon Lik, a 52 year old pharmacist, inventor and smoker, invented the modern e-cigarette after his father died from lung cancer.



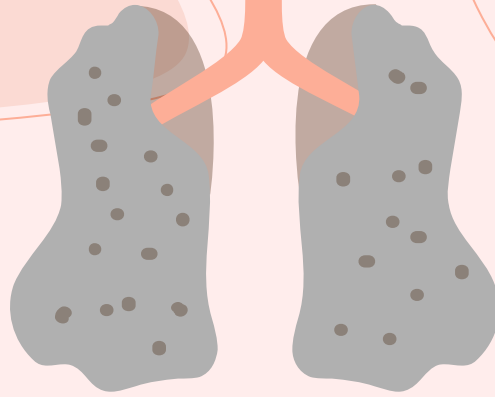
**2000s-Now**

Throughout the years, e-cigarettes have been the subject of research and controversy; especially its effects on young consumers.

# HOW DO VAPES WORK?



<https://www.youtube.com/watch?v=vbNrlsR-pnl>



“People need to understand that e-cigarettes are potentially dangerous to your health. Emerging data suggests links to chronic lung disease and asthma, as well as associations between dual use of e-cigarettes and smoking with cardiovascular disease. You’re exposing yourself to all kinds of chemicals that we don’t yet understand and that are probably not safe.”

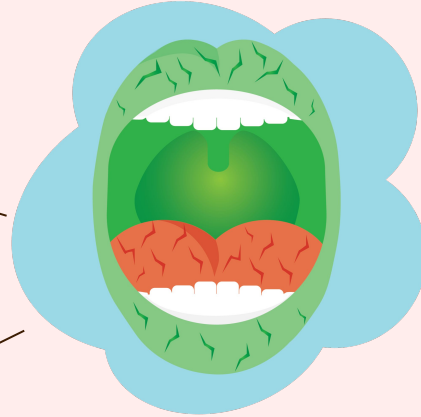
— **Michael Joseph Blaha, M.D., M.P.H.**



# OTHER KNOWN EFFECTS OF E-CIGARETTES

## CAVITIES

Studies have shown that the ingredients found in e-liquids have the same consistency as sticky foods (e.g. candy) that lead to a higher risk of getting cavities



## DRY MOUTH

Due to the direct heat and chemicals that the mouth is exposed to when vaping, vaping causes the mouth to be dry

## GUM DISEASE

Nicotine, whether smoked or vaped, restricts blood flow to the gums, which can contribute to periodontal disease. The fluid in e-cigarettes, which can include propylene glycol, benzene, formaldehyde and other chemicals, only increases the risks.

## MOUTH CANCER

Even though e-cigarettes have a lower toxin content than conventional cigarettes, mouth cancer risk may still exist at lower toxin levels. The evidence demonstrating the carcinogenic potential of e-cigarettes is coherent, according to the evidence.

# CAVITIES, DRY MOUTH, GUM DISEASE, ORAL CANCER



Just in case you don't know  
what these things look like





# QUICK JEOPARDY

<https://jeopardylabs.com/play/vaping-321>



# Share Your Thoughts

What have you learned?



# LET'S REVIEW



## Safer Than Tobacco But Still Dangerous

Despite being safer than tobacco, studies have shown that e-cigarettes still have numerous known and unknown consequences



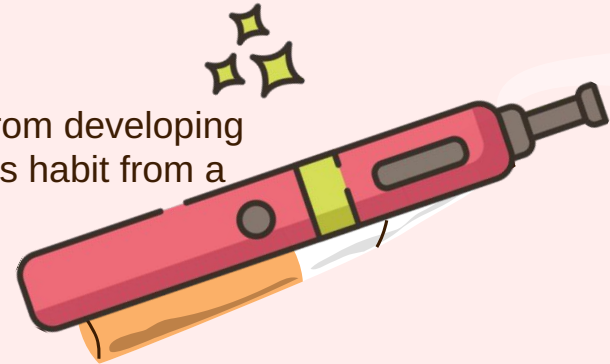
## Its Effects in Your Mouth and Overall Health

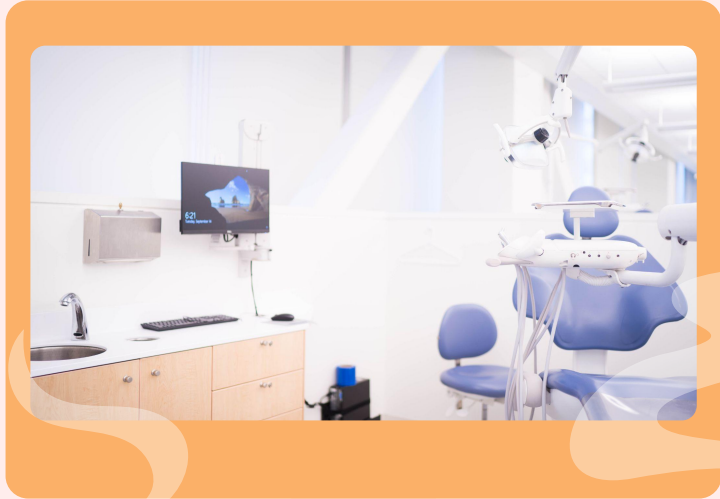
Cavities, Dry Mouth, Mouth Cancer, Increased Risk of Cardiovascular problems, Asthma, and so much more



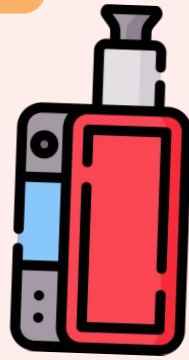
## Prevention is Better Than Cure

The best way to prevent these health risks from developing is to avoid using e-cigarettes and forming this habit from a very young age





# HOMEWORK



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