

Vaping: Safe or Sorry

Exposing the Horrible Truth of Vaping

Markie Ann Rosenberg

Researched Persuasive Writing and Speaking

Postsecondary/Collegiate Division

50794

Gordon Cooper Technology Center

Oklahoma HOSA

## Exposing the Horrible Truth of Vaping

In today's society, vaping is a trend that has replaced cigarettes. Vaping is thought of as "harmless and fun," while research has proven otherwise. Vaping is seen as less dangerous even though it still contains a highly addictive and toxic substance known as nicotine. In this essay, we will go over the dangers of vaping and how it affects our health.

Even though vaping has less cancer-causing agents, it still contains nicotine, which is highly addictive. Nicotine raises your blood pressure and heart rate, which in turn, puts you at a higher risk of having a heart attack or stroke. Vaping is also linked to chronic lung disease and asthma. Additionally, there are a lot of chemicals in vapes that are unknown or not thoroughly researched. Vaping is already proven to be harmful to the user with the amount of research available today. Imagine, in 10 years with advancing technologies and studies, what we could discover about the effects of vaping. Also, with vaping, you can increase your nicotine levels to amounts higher and more detrimental than smoking a cigarette.

Vaping can also lead to smoking cigarettes as opposed to quitting them. If we are trying to prevent cigarette smoking with switching to vaping, why would vaping increase the chance of smoking cigarettes? Vaping is now seen as a gateway to smoking cigarettes, which is what we are trying to prevent. It makes no sense to advocate for vaping if it causes the user to smoke cigarettes. In today's society, we have many alternate methods to smoking cessation, such as nicotine gum and lozenges, which have a lower dose of nicotine. We already have very successful methods for smoking

cessation. We simply do not need to use vaping as a cessation method. Additionally, research shows that participating in both smoking cigarettes and vaping causes more damage than picking one or the other.

While one might argue that vaping can help a person quit smoking, according to Harvard Health Publishing cessation of smoking cannot be assessed due to limited research. Also, the FDA doesn't recommend switching to vaping in order to quit cigarettes. When vaping was first introduced to the public, it was a tool to quit smoking. As time has passed, a new problem has arisen. Teens and young adults are being hooked on vaping with no previous smoking history. The industry produces products with candy and fruit flavors to hook teens and young adults. Research has shown that vaping can inhibit brain function. In teens and young adults the brain is still developing, which can have a very deadly impact on growing minds.

In this essay, we have gone over the dangers of vaping and how harmful it can truly be. In conclusion, as a society, we need to take a long look and an aggressive stance against vaping. Research has proven how damaging vaping can be. Thank you for your time.

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