

Is Vaping Safer than Smoking Cigarettes???

The answer to this question is **NO!!!**

We have all heard about the harmful effects of smoking cigarettes and how it causes cancer, right? Sadly, the media and other sources of information, that target our students, say that vaping is the safer alternative to smoking cigarettes and it's the "cool" thing to do. That information is **NOT** correct!

Smoking cigarettes and vaping include inhaling foreign substances into your lungs. Cigarettes have known carcinogens (cancer causing items) but vaping is being found to have similar carcinogens present as well. This is can cause bronchitis, chronic obstructive pulmonary disease (COPD), the need for to wear oxygen all day, every day just to breath, lung cancer, and death.

Nicotine is in both cigarettes and e-cigarettes used to vape. The nicotine is highly addictive, can cause the brain to form incorrectly by blocking the growth of new synapses, can cause nervousness, and increase anxiety. Most advertising will sell that there is less nicotine in e-cigarettes, however, there is no regulation with e-cigarettes at this time so the consumer has no idea how much nicotine or other substances are actually present.

Vaping is not a safe alternative to try! Vaping has been noted to be connected to high blood pressure, heart conditions, breathing issues, etc. Please look through the links below for more in-depth information on tobacco, cigarettes, nicotine, and vaping!!!!

Article:

https://therealcost.betobaccofree.hhs.gov/tobacco-basics.html?utm_source=bing&utm_medium=cpc&utm_campaign=Branded%20Hacked&utm_term=realcost%20thumb%20drive%20cigarette%20teen%20smoking%20ad&utm_content=Branded%20Commercial%20%7C%20Broad

Video: <https://youtu.be/cYLx5czl4lw>

Video: <https://www.bing.com/videos/search?q=dangers+of+vaping&&view=detail&mid=633D5A6DB2B643C6F92B633D5A6DB2B643C6F92B&rvsmid=E84CCDC87B7E406E8E60E84CCDC87B7E406E8E60&fsscr=-4290&FORM=VDFSRV>