

## **Vaping: A Hidden Danger**

By Ashlyn Garrigan

When I was four, my grandfather died from smoking at age 68. However, our generation isn't faced with the dangers of smoking but the evils of vaping.

Vapers don't understand what e-cigarettes contain and think vaping is safer than cigarettes. In reality, vape pens are electronic devices that heat liquid to produce aerosols and come in many forms: USB chargers, cigarettes, and pens which are sleek and easy to hide at schools. When vaping, nicotine and toxins are inhaled; shockingly, vapers think they are inhaling water vapor. Teens believe that vaping is less harmful than smoking because companies advertise this. However, this is untrue.

Vapers don't know the risks. These devices have high levels of nicotine, more than a full pack of cigarettes. Companies market products claiming they are nicotine free, but they are not. The CDC links 47 deaths and 2,290 illnesses with vaping. Vaping causes two different types of pneumonia: chemical and lipid, and additionally, irreversible lung damage.

Tobacco companies are always scheming on how they can attract new consumers. They have been using an age-old tactic: targeting kids and teens. Vaping forms dangerous habits, perhaps leading to marijuana use. Don't be fooled.