

# IS SECOND HAND VAPOR

FROM

## E-Cigarettes Dangerous?

Cigarettes and tobacco are out, vapes are in. In almost everywhere we look, there is at least one person who puffs and exhales vapor through the battery-operated or electronic cigarettes.

Many people did the switch because unlike actual cigarettes, these deliver nicotine through a vapor rather than the combustion system of traditional cigarettes. Combustion involves fire, tobacco and the emission of toxic chemicals.

Although it is a consensus that is safer, some believe that it is even nonexistent, several research teams have begun to analyze the effect of secondhand vapor.

According to England's health sector's research declared vape and e-cigarettes 95% safer than the conventional tobacco and cigars.

But, it is still important to note that "safer" doesn't necessarily mean there are no dangers lying beneath.

In fact, many studies aim to prove that e-cigarettes may after all produce the same health hazards of regular smoking—from short term changes in the respiratory functions to potential threats of certain flavorings or juices that are linked to lung disease.

Yes, technically e-cigarettes might have fewer carcinogens than regular cigarettes, they still contain nicotine, which can impair brain development and cause mood disorders in adolescents.

Because it is fast becoming a trend today, many people ask: Should we worry about the second hand smoke—in this case, second hand vapor? Should non-vapers should be worried about its health effects too?

WebMD reports that electronic cigarettes may have fewer hazardous chemicals than regular cigarette smoke, researchers still don't put 'vaping' in the clear.

Moreover, the health organization also warns the public of the hazardous chemicals in e-cig vapor actually make it into the lungs of people nearby, specifically in enclosed spaces.

"Generally speaking, e-cigarettes are safer than traditional cigarettes," said study author Arian Saffari, a graduate student and fellow with the department of civil and environmental engineering at the University of Southern California.

However, "we can still find some hazardous material in e-cigarette smoke," Saffari noted. "And therefore we cannot leave e-cigarettes unregulated."

Initiatives to regulate e-cigarettes are campaigned by the World Health Organization (AHA), as well as the American health agencies, particularly advertising and marketing it to the youth.

The same organization has found in one study that youth exposure to e-cigarette advertising rose 250 percent from 2011 to 2013, and now reaches roughly 24 million young people.

In another study conducted in Milan, Italy, researchers analyzed the air in an office space at a cancer research center. Two men and a woman smoked either regular cigarettes or the electronic variation.

They found that hazardous substances known as "particulates" -- liquids or solid particles -- were 10 times higher in the cigarette smoke than in the e-cig vapor.

But then again, these findings are more likely to affect the first hand users. Dr. Andy McEwen, executive director of the National Centre for Smoking Cessation and Training, says that there's no evidence that second-hand e-cigarette vapour is dangerous to others.

He just advises e-cigarette users to be responsible by properly storing their e-cigarettes and liquids away safely, away from children and young adults.

Although there are still no definitive evidence that second hand vapor from e-cigarettes are dangerous and hazardous to the public's health, This doesn't mean that vapers have the right to blow their puffs in everyone's face, or even to do it anywhere they want.

Many people are still wary of second-hand smoke, for every year an estimated 53,800 people die from secondhand smoke exposure.

E-cigarettes may be beneficial for people who want to quit smoking, but, in turn, it is also helpful to warrant the non-smokers' widespread acceptance of it.

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