

Baydens presentation:

Vape facts:

Vaping is less harmful than smoking, but it's still not safe. E-cigarettes heat nicotine (extracted from tobacco), flavorings and other chemicals to create an aerosol that you inhale. Regular tobacco cigarettes contain 7,000 chemicals, many of which are toxic.

Nicotine is the primary agent in regular cigarettes and e-cigarettes, and it is highly addictive. It causes you to crave a smoke and suffer withdrawal symptoms if you ignore the craving. Nicotine is a toxic substance. It raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a heart attack.

Both e-cigarettes and regular cigarettes contain nicotine, which research suggests may be as addictive as heroin and cocaine. What's worse, says Blaha, many e-cigarette users get even more nicotine than they would from a combustible tobacco product: Users can buy extra-strength cartridges, which have a higher concentration of nicotine, or increase the e-cigarette's voltage to get a greater hit of the substance.

What is the difference?

Overall, there's not much difference between smoking and vaping. Commonly, smoking was thought to be more harmful because the product is being burnt and smoke inhaled into the lungs. But we're finding very similar damage from heating up vaping solutions and inhaling that vapor into the lungs.

Research suggests that vaping may affect the way cells in the respiratory tract (nose, throat and lungs) react to germs and may increase the chance of disease and infection from bacterial and virus, like the virus that causes COVID-19.