



HCHS/SOL Newsletter

Health effects of electronic cigarettes (vaping)

Electronic cigarettes (also known as e-cigarettes and vapes) are devices that heat a liquid and produce an aerosol (mist) you can breathe in. The health effects of vaping depend on the specific substances inhaled. While e-cigarettes contain fewer toxic chemicals than the smoke from cigarettes, they can still have harmful effects. The substances contained in e-cigarettes may be unknown to the consumer. In fact, some e-cigarettes deliver nicotine, which is the primary addictive substance in tobacco products. E-cigarette use is increasing, especially among young adults. Use is also rising in Hispanic/Latino communities, particularly among those of Puerto Rican and Cuban descent who were born in the US or are more acculturated.



Scientists are still learning about the health effects of vaping: A large-scale study found that exclusive e-cigarette use was significantly associated with Chronic Obstructive Pulmonary Disease or COPD (a serious lung disease) and with high blood pressure but not with heart failure or diabetes. Vaping has also been linked to lung injuries, including rare but serious conditions like popcorn lung (bronchiolitis obliterans). In addition, secondhand vaping can impact the health of others. More research is needed to assess other risks such as the development of cardiovascular disease and cancer.

E-cigarettes may help some adults quit smoking, but the American Heart Association warns against the use of e-cigarettes for quitting because the long-term risks and potential for addiction are still unknown due to the relative recent rise in e cigarette use. E-cigarettes should not be used by youth, young adults, or women who are pregnant.

E- cigarettes as an aid to quit smoking: Vaping has the potential to re-normalize the use of nicotine products, undoing decades of progress in reducing tobacco use. However, some studies suggest that e-cigarettes may help adults quit smoking and may have the potential to benefit adults who smoke and are not pregnant when used as a complete substitute for smoked tobacco products.



More research is needed to better understand the short- and long-term health effects of using e-cigarettes and to determine whether e-cigarettes can be effective at helping adults quit smoking.



There is no safe tobacco product. Quitting use of all tobacco products is the best way to protect your health.

There are free resources for quitting tobacco use. Talk to your health care provider about tools and resources you can use to help you quit. Call a [Quit Line](#) to talk with trained quit coaches: ☎ **1-800-QUIT-NOW**

Online in English: [How to Quit Smoking](#) | [Quit Smoking](#) | [Tips From Former Smokers](#) | [CDC](#)

[Prevalence of electronic cigarette use and its determinants in us persons of Hispanic/Latino background: The Hispanic community health study / study of Latinos \(HCHS/SOL\)](#)

["New Analysis Underscores Health Risks of E-Cigarettes"](#) - Johns Hopkins Medicine

["E-Cigarettes \(Vapes\)"](#) - CDC

["Is Vaping Better Than Smoking?"](#) - American Heart Association

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