

Electronic Cigarettes (E-Cigs; Vaping)



Overview

These smoking devices heat liquid nicotine to create a vapor. You inhale this vapor into your lungs. Nicotine in the vapor enters your bloodstream. It stimulates your body, activating reward circuits in your brain.

Why do people use them?

Why do people use e-cigs? Well, some believe e-cigs help people quit smoking. They are sold as a safer alternative to tobacco. Research does suggest they're less harmful than cigarettes. But we still don't know about the long-term effects on your health.

Why are they a problem?

One issue with e-cigs is their use by people who have never smoked cigarettes. Because nicotine is highly addictive, new users get hooked. And once you're hooked on e-cigs, you may find yourself using them more and more frequently.

Conclusion

The best choice is to never use nicotine in any form. If you are addicted to e-cigs, talk to your doctor about how you can quit. Nicotine is a hard habit to break. But with patience and effort, you can do it.

