

Wellness Weekly

The “We” in Well-Being



Vaping

Are electronic cigarettes (e-cigarettes) safer than regular cigarettes? While use of e-cigarettes (vaping) has become one of the more popular ways to consume both tobacco and marijuana, for many, there is confusion about whether this trend is less dangerous than smoking traditional cigarettes. The current Wellness Weekly sheds some light on e-cigarettes, so you can make an informed decision about your health.

In 2018, an estimated 8.1 million U.S. adults were e-cigarette users. Adults who quit smoking cigarettes within the previous year were the most likely people to use e-cigarettes, which are devices that allow users to breathe in liquid that contains nicotine, marijuana or other substances. The type of substance and the amount varies with each product. One of the dangers of e-cigarettes is that users often don't know what is in the liquid.

The devices may look like regular cigarettes, cigars or pipes, or like flashlights or pens. One leading e-cigarette brand, JUUL, makes a device that looks like a USB flash drive and is easy for teens to hide from their parents or teachers. It contains a high level of nicotine.

E-cigarettes may contain harmful substances that cause cancer. They have also been linked to severe lung disease. The exact cause is not clear yet, but many people have died from these illnesses. The following are some symptoms that can occur a few days or weeks after use — a health care practitioner should be contacted immediately.

- Cough, shortness of breath or chest pain
- Nausea, vomiting or diarrhea
- Extreme fatigue
- Fever greater than 100.4 degrees

Many people wonder if e-cigarettes can be helpful to try to quit smoking. They are not approved by the Food and Drug Administration as aids to stop smoking. If you want to quit, see your health care practitioner or call 800-QUIT NOW for assistance.

Ask the Expert

May 23 at noon

Join a 30 minute Ask the Expert session with Panagis Galiatsatos, associate professor of medicine, to get the facts on risks associated with vaping.

[Click here](#) to join the meeting.

Success Story

**Nikki Thrash, Medical Assistant
Johns Hopkins Community Physicians**

My colleagues and I provide support by taking the time to listen to one another, especially during a rough day. It truly makes a difference! My colleagues and I have the mindset that we are here to serve patients, and being a part of our patients' success stories is very rewarding and impactful. Our site, JHCP Remington, offers “color evenings” during which we meet after work to color and de-stress in the lounge. I'm looking forward to the next one!

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