



Wellness

Dental trend spotlight: Are e-cigarettes safe?

The use of e-cigarettes is skyrocketing. Sales by one manufacturer grew 641% from 2.2 million devices in 2016 to 16.2 million devices in 2017.¹

Vaping is especially popular among youth — so much so that U.S. health officials are calling it an epidemic. Over 3 million high school students used e-cigarettes in 2018 — a 78% increase from 2017.² Many teens who smoke have switched to e-cigarettes, believing they are a healthier alternative. More than twice as many teens are now using e-cigarettes rather than cigarettes.

But research has found that vaping may be equally as harmful and can damage cells in your mouth. In fact, the use of e-cigarettes can lead to numerous oral health problems, including gum disease, tooth loss and oral cancer. A recent outbreak of severe lung disease may also be linked to vaping.

^{1,2} Centers for Disease Control and Prevention

Health risks of e-cigarettes

- Most contain nicotine, which is highly addictive and **can impair brain development in adolescents.**
- Some brands include formaldehyde, which **can cause cancer.**
- E-cigarettes are offered in a variety of candy and fruit flavors, making them appealing to youth. Some of these are made with a chemical called diacetyl, which tastes like butter but **can cause lung disease or “popcorn lung.”**

Our verdict: Health officials warn that e-cigarettes should not be used by youth, young adults, pregnant women, as well as adults who do not currently use tobacco products. The use of any tobacco product, including e-cigarettes, is harmful to your oral and overall health.



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