

[IMAGE]

More Scary News About Vaping

By Editorial Staff

While electronic cigarettes may benefit chronic smokers who've been unable to quit, a growing body of evidence is showing that vaping may be dangerous – perhaps even as dangerous as traditional smoking. The latest: Nicotine and other chemicals exhaled by e-cigarette smokers may transfer from one room to the next via air vents, impacting nearby nonsmokers. Even worse, e-cig residue is still detectable on distant surfaces days after exhalation by the smoker.

Reporting on the study, published in *Tobacco Control*, Reuters Health News quoted Eric Soule, assistant professor in the Department of Health Education and Performance at East Carolina University, who does a great job summing up the importance of these study findings: "While many cigarette smokers avoid smoking indoors or around non-smokers because of the known health effects of secondhand and thirdhand smoke exposure, many e-cigarette users report vaping in their cars, in their homes or around their children and pets," he said. "Given the deposition of toxicants that results from indoor e-cigarette use, vapers should similarly avoid e-cigarette use indoors or around others."

We've discussed several other studies on e-cigarettes in recent issues of *To Your Health*, and the news isn't good, to say the least, particularly for young people. For more information, check out the U.S. Surgeon General's report on e-cigarettes by [clicking here](#), and talk to your doctor for more information.

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