

E-Cigarettes

Today, we would like to discuss the health effects of smoking an electronic cigarette, also known as e-cigarette. Many youth members of Toronto believe e-cigarette to be a harmless hobby which people take part in. Little do they know, that there are many health hazards in which they are unaware of due to lack of knowledge.

Before we get to the topic of the health disadvantages towards smoking e-cigarette we want to give a brief description on what an e-cigarette is. An e-cigarette looks like a normal cigarette, the end glows as you inhale, and as you exhale a puff of cloud which is vapor comes out. All e-cigarettes work basically the same inside each e-cigarette there's a battery that is a heating element, and a cartridge that holds nicotine and other liquids and flavorings. They have the same effects of a normal cigarette but instead of using a lighter it runs on battery. Some are disposable. Others have a rechargeable battery and refillable cartridges. Using an e-cigarette is called "vaping."

One of the most important things to know about smoking an e-cigarette is that the nicotine inside the cartridges is addictive. When you stop using it, you can get withdrawal symptoms including feeling irritable, depressed, restless and anxious. It can be dangerous for people with heart problems. It may also harm your arteries over time. Experts say that because the nicotine is addictive e-cigarettes could be a "gateway drug," leading nonsmokers and kids to use tobacco. They also worry that manufacturers with huge advertising budgets and celebrity endorsements could make smoking popular again. That would roll back decades of progress in getting people to quit or never start smoking.

Therefore, we believe that the youth of Toronto should be informed about the consequences of smoking an e-cigarette. To start off, students should be informed through assemblies, surveys and posters. Assemblies should be held at least once a year with health officials to inform students about the risks they are taking by smoking an e-cigarette. Surveys should be given to classes to see what a student thinks and what they know. Posters should be posted around public areas such as schools, libraries, and parks.

Overall, we believe the public needs to be more educated on the use of e-cigarettes. By not knowing the effects of e-cigarettes and the reality behind it, many people are risking their lives especially young adults. Get educated, be safe, and live a healthy life.

Sincerely,

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E-Cigarettes

Electronic Cigarettes also known as E-Cigarettes is a device that looks and taste like a cigarette but doesn't contain tobacco. E-Cigarettes are intended to give the user nicotine rather than tobacco. E-Cigarettes release vapor instead of smoke containing toxic chemicals. Although E-Cigarettes are a great way for many cigarette users to quit cigarettes, E-Cigarettes do cause health problems for many users. Although E-Cigarette are healthier than regular cigarettes there are some health concerns that users and the public should be aware of. Today we will like to inform you why E-Cigarettes should not be allowed to the public due to the serious health hazards it can cause.

First of all, we would like to inform you on what an E-Cigarettes is and why it is a health hazard. An E-Cigarette is basically the equivalent to a Shisha electronic pen-pipe. It is not considered to be as harmful as the actual product (Shisha, cigarettes) however E-Cigarettes contain many cancer causing in its vapour which is distributed on lower levels than the smoke in cigarettes. E-Cigarette are more common among the youth between 13-18 years of age. This is the similar to the electronic Shisha pens because it is commonly used amongst the youth. Now, what are the risks of using an E-Cigarette? The vapour from an E-Cigarette can irritate airways, your mouth and throat, inflammation of the lungs and may cause allergic reactions. There have been many recorded incidents in which the liquids from E-Cigarette have contributed for cases of nicotine poisoning and other injuries among adults and children. Although second-hand smoking with cigarettes containing tobacco, there is still a chance of obtaining cancerous diseases. So even though we may think E-Cigarettes are a great way to help stop people from smoking cigarettes it's also can cause many health problems for its users

E-cigarettes are feared to become socially accepted. Even though it is potentially healthier than cigarettes, it still contains nicotine which doesn't contribute to the smoker's drive to quitting. In fact, E-cigarettes are completely useless if a smoker wants to quit smoking. Tobacco researchers have found that smoking-users who use e-cigarettes have no more or less chances of quitting. Nicotine is the addictive ingredient in cigarettes and it is also included in e-cigarettes, thus it makes no difference in terms of trying to quit.

E-cigarettes are very harmful and can cause much impairment to the body, but do the kids know that? Many of teens in Toronto use electric cigarettes because they think it's not as harmful like an actual cigarette but little do they now that e-cigarettes are used to help stop smoking. E-cigarettes still have nicotine, but not as much as a regular cigarette; this is to make the body not as use to a lot of nicotine. Teens are influenced by people on the street, family or close friends, and media. Teens aren't as influenced as much by people on the street, or family or close friends as much as the media. The media controls most people's life choices, in this case the whether they should use electric cigarettes or not. E-cigarettes are shown in music videos, social media and are advertisements. The hottest celebrities are shown using e-cigarettes and also show people in their music videos as well. Social media has almost half the electric cigarette users to hop on the bandwagon. Teen brains haven't developed fully which makes it much easier to influence either in the right directions or in the wrong.

Overall, the public should be aware of the harmful effects E-Cigarettes can cause. It is just an upgraded version of regular cigarettes with just the same harmful effects. We feel that e-cigarettes shouldn't publicize due to the fact that teen and many adults will look at it as a healthier alternative when in fact it is false. E-Cigarettes are just regular cigarettes but just disguised to make it seem healthier than it really is.

Sincerely,

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