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Debunking Medical Myths: Vaping Risks

Nada Jaradat

Wayne State University School of Medicine, gd3739@wayne.edu

Rubab Imtiaz

Wayne State University School of Medicine, gg8360@wayne.edu

Raisa Zahir

Wayne State University School of Medicine, gh8522@wayne.edu

Ismail Aijazuddin

Wayne State University School of Medicine, fp5649@wayne.edu

Amir Kalantar

Wayne State University School of Medicine, hi9706@wayne.edu

See next page for additional authors

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Authors

Nada Jaradat, Rubab Imtiaz, Raisa Zahir, Ismail Aijazuddin, Amir Kalantar, and Tristan Papcun

Vaping Risks: Myths vs. Facts

MYTH:	Vaping will not harm my lungs	
FACT:	Vaping has been shown to cause a variety of respiratory system symptoms including dyspnea, chest pain, pleurisy, cough, sputum, hemoptysis, etc. ¹	
MYTH:	Vaping cannot cause cancer	
FACT:	The Nicotine in E-liquid comes from tobacco and contains carcinogens that are impossible to remove. Propylene glycol, the major component of E-liquid, forms suspected carcinogens when heated to vaporization temperature. ²	
MYTH:	Vaping will not affect me later on	
FACT:	Vaping has been linked to worsened asthma and conditions such as chronic bronchitis, pneumonia and lung damage. ¹ E-cigarette use has even been linked to death. ³	
MYTH:	Vaping does not have any extrapulmonary effects	
FACT:	Vaping has been shown to have extrapulmonary effects, namely, cardiovascular, immunologic and neuro-developmental. This is dose-dependant. ²	

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By Gray 16: Amir Kalantar, Ismail Aijazuddin, Nada Jaradat, Raisa Zahir, Rubab Imtiaz, Tristan Papcun