

# the RED CUP Q&A

separating alcohol fact from fiction

wildfact

The UA is a Tobacco Free Zone (including e-cigs).

## Are e-cigarettes safer than regular cigarettes?

Cue the beatbox...

Just 'cause you vape, don't mean you escape,

from harmful effects of puffing's landscape. Word!

Hey, I'm rapping here! (Watch out, Drake!)

Truth is, smoking tobacco is the leading cause of preventable disease and death in the United States, responsible for 480,000 deaths per year. However, the jury is out on a definitive answer for vaping because it is a relatively new phenomenon.

Vaping has only been around for about ten years so we do not have long-term studies on whether its use can lead to lung cancers and other conditions which typically take decades to emerge.

But here's what we do know — when it comes to short-term studies, e-cigs appear safer to the user than traditional cigarettes and according to the CDC, 20%

of adults age 18-24 use them.

We see evidence that traditional smokers, wanting to quit smoking, transition to e-cigs more easily than quitting “cold turkey.” However, initial research suggests that e-cigs diminish cardiovascular and pulmonary health, lower immune response, increase inflammation and still contain carcinogens.

While e-cigs possess lower levels of harmful substances than cigarettes, (most noticeably, nicotine) they also contain other substances not found in traditional cigarettes.

Mounting data shows that certain e-cig flavors are toxic. Newer heating coils can leak heavy metals such as chromium, lead, manganese and nickel. Arsenic, another toxic substance, was found in one fifth of refill e-liquid, tank liquid and vapers.

The best health choice is a smoke and vape free one.

Got a question about alcohol? Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)



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HEALTH**

The Red Cup Q&A is written by Lynn Reyes, LCSW, LISAC, David Salafsky, MPH, Lee Ann Hamilton, MA, CHES, Spencer Gorin, RN, Christiana Castillo, MPH, and Kaye Godbey, MPH in the Health Promotion and Preventive Services (HPPS) department of the UA Campus Health Service.