

Is it time to quit vaping

More than 500 cases of severe lung illness in 38 states. Seven deaths. A proposed federal ban of most flavored e-cigarettes and new efforts in many states to counter an epidemic of youth **vaping**.

There's been an **avalanche** of vaping news this month, which leaves many users facing a crucial question: Is it time to quit? Here's a look at the issues.

vape 吸电子烟

avalanche 雪崩

— How big is vaping?

E-cigarettes swept onto the market about a decade ago. They're now a \$2.6 billion industry in the United States, and roughly 20,000 vape and smoke shops have sprung up across the country in the past few years. There is also a **thriving** black market for vape pods. A survey last year found that 10.8 million American adults used e-cigarettes — and that more than half were also smoking cigarettes.

thriving 繁荣的

— Is vaping safer than smoking?

There was an idea for a while that e-cigarettes, because they don't generate smoke and **tar**, were safer than smoking cigarettes or at least that they could help a smoker shift to a less dangerous alternative. But the mysterious **spate** of illnesses thrust concerns about vaping's health effects into the spotlight.

tar 焦油

spate 一连串

Dr. Albert Rizzo, chief medical officer for the American Lung Association, noted that the organization's opposition to vaping **predated** the outbreak. He disputed the perception that e-cigarettes are a safer alternative and pointed to the lack of information about what chemicals they contain and the **paucity** of research about the effects of vaping.

predate 早于

paucity 缺乏; 少数

"We have no evidence of whether it's safe at all. There's just no scientific basis for that."

Rizzo said.