**Vaping Trend Among Teenagers**

Name

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**Introduction**

Vaping is the process of inhaling and exhaling smoke or vapor containing nicotine using a device that is designed for this specific use, for example, a vape pen. According to (Nicolaou, Moore, Wamamili, et al., 2022)., vaping is popular among teenagers mostly because of the availability of different flavors, curiosity, friends and the availability to use vape products secretly. As part of (Nicolaou, Moore, Wamamili, et al., 2022) research that investigated smoking and vaping in high school students, they found that 10% of students vaped at least monthly and 6% vaped weekly or more often. In this chapter, I am going to talk about how this trend came about and if the supposed health risks are as bad as they sound.

**How the vaping trend came about**

The vaping trend emerged in the early 2000s as an alternative to cigarette smoking. The popularity grew much faster due to some factors listed below, such as Potential health benefits, variety of flavors, and convenience. There was also a lot of marketing and advertising with the use of vibrant colors such as cotton candy and lemon tart which drew a lot of attention, especially to young people. Due to the lack of combustion, which creates many of the hazardous chemicals included in cigarette smoke, vaping was promoted as a possibly less toxic alternative to smoking. (Hammond, Reid, Burkhalter et al., 2020).

**Health Risks of Vaping**

E-cigarettes are carcinogenic, the word "carcinogenic" refers to substances or agents that have the potential to cause cancer. Some research shows that the flavorings incorporated into electronic cigarettes have cytotoxic effects which are linked to cancer. The aforementioned lead to respiratory failure and death.

**Conclusion**

When e-cigarettes were first released, they offered smokers a less dangerous option than burning cigarettes. Nevertheless, they pose a great health risk to individuals and some lead to cigarette smoking, as nicotine is addictive. Teenagers should be aware of the potential health risks and make informed choices when introduced to vaping.

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| **References**  Nicolaou, A., Moore, A., Wamamili, B., Walls, T., & Pattemore, P. (2022). E-cigarette use patterns, brand preference and knowledge about vaping among teenagers (13–16 years) and parents of children attending Christchurch Hospital. *The New Zealand Medical Journal (Online)*, *135*(1561), 94-7. Chicago [https://www.proquest.com/openview/47f0567f922bef6236faf6f115d02dca/1?pq- origsite=gscholar&cbl=1056335](https://www.proquest.com/openview/47f0567f922bef6236faf6f115d02dca/1?pq-%20%20origsite=gscholar&cbl=1056335)  Hammond, D., Reid, J. L., Burkhalter, R., & Rynard, V. L. (2020). E-cigarette marketing regulations and youth vaping: cross-sectional surveys, 2017–2019. *Pediatrics*, *146*(1). |
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