

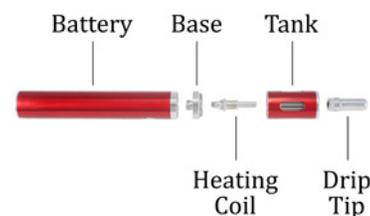


April 26, 2016 – Grand Rapids, MI

What Is Vaping?

Last week's message on smoking resulted in several questions about electronic cigarettes, a subject I haven't addressed before. Let's start with the basics.

An electronic cigarette or e-cigarette is a nicotine-delivery system. There are three essential components: the nicotine source, a heat source used to vaporize the liquid source of nicotine, and a power source in the form of a battery. The last two are pretty straightforward. The heat has to get high enough fast enough to vaporize the fluid quickly, hence the term vaping instead of smoking.



The nicotine source provides the drug. That's correct: nicotine is a drug, one of the most addictive drugs sold. The reasoning behind vaping is that you can obtain the drug without the gamut of other substances found in regular cigarettes. Is that completely true? We'll take a look at the issue the rest of the week

What are you prepared to do today?

Dr. Chet

Reference: <http://1.usa.gov/1T1U4P8>

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