

HEALTH Need to Know

Smoking and Vaping



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Not So Nice

Your friend draws a breath from something that looks like a pen. A strange mist comes from the object. Your friend is using an e-cigarette, also known as **vaping**.

Lots of people vape. It may seem harmless, but vaping is dangerous.

E-cigarettes come in many different shapes, sizes, and colors. They also have different names. Some common ones include vapes, vape pens, and mods.



Tobacco

Vaping and smoking are similar. Both include breathing in gas through the mouth and into the lungs.

One big difference is that cigarettes have **tobacco**. The tobacco plant's leaves are dried and ground up. Then, they are rolled into a paper tube and smoked. Cigars are also made with tobacco.

Some kinds of tobacco are not smoked. One type is dry snuff. People breathe the leaves directly into their noses. Another is chewing tobacco. Users hold this tobacco in their mouths or chew it.

Tobacco plants



The Body on Tobacco

There are many bad **chemicals** in tobacco. One is **nicotine**. It is very **addictive**. When someone uses tobacco, nicotine goes into their blood. The brain makes **endorphins** (en-DOR-finz). The person's heartbeat and breathing get faster. At first, endorphins make the person feel good. But this feeling passes quickly.

Over time, nicotine makes it harder for the brain to work. It can cause headaches and dizziness. Nicotine may make people feel tired, angry, or sad.



What's in a Cigarette?

Cigarettes have many chemicals that can cause harm. The following are just a few of the dangerous chemicals in cigarettes.

Tar

This makes yellow stains on teeth and fingernails.

Nicotine

A chemical that raises blood pressure. It also makes the heart beat faster.

Carbon monoxide

This causes blood vessels to hold less oxygen.

Cyanide

This makes it hard for the body to take in and use oxygen.

Arsenic

A chemical that causes cancer and lung disease.

