

7 THINGS YOU SHOULD KNOW ABOUT E-CIGARETTES

Electronic cigarettes are marketed as a healthier way to “smoke.” And that’s true ... sort of. But not really. It’s complicated, but we’ll explain.

By Matt Christensen



You probably know by now that vaporizer pens and e-cigarettes are battery-operated substitutes for joints and traditional cigarettes. But what you might *not* know is ... well, anything else about them. Like how they work, or if “vaping” is really any better than traditional smoking, or if they’re going to send you to an even earlier grave than cigarettes.

For starters, e-cig devices don’t produce smoke; the vapor that’s inhaled gets exhaled as mist, which is why people can puff on them in public without getting hassled by Da Man (though the FDA is urging local governments to change that).

E-cigs are typically loaded with liquid nicotine, while vape pens usually contain an herb or THC oil. (E-cigarettes are essentially miniature versions of vapor pens, and they can be used for 200-500 and 1,000-2,000 puffs, respectively.) To see if you should make the switch from cancer sticks to, uh, cancer e-sticks, we asked some experts for the good, the bad, and the ugly on e-cigs.

#1. E-CIGARETTES ARE TOBACCO-FREE

E-cigarettes deliver a nicotine fix through water vapor, which is void of tar, arsenic, and a handful of other carcinogenic ingredients associated with regular smokes. Trouble is, that doesn’t make them good for you. Dr. Mary Lambe, a HealthTap family physician from Washington, informs us they still contain chemicals such as “nitrosamines, which cause cancer, Diethylene Glycol, which is used in antifreeze, the known toxin Tetramethylpyrazine, and liquid nicotine, which is addictive and damaging to the heart.” Uh, on the bright side, your breath smells much better with an e-cig.

#2. VAPE PENS WILL GET YOU HELLA HIGH, BRO

According to HealthTap's Dr. Chad Levitt, a radiation oncologist, "a study from UCLA looked at what the most efficient and safest delivery mechanism is for THC — which is the active psychedelic chemical in marijuana. In comparing water bong, joints, pipes, and vaporizers, the study monitored the amount of THC delivered in relation to the amount of contaminants and pollutants. The vapor method ranked first, followed by the joint, then the pipe, then the water bong."

#3. E-CIGARETTES WILL PROBABLY SAVE YOU MONEY

Kevin Frija, CEO of Vapor Corp, a leading supplier of electronic cigarettes, says the money you'll spend on e-cigarettes is less than you'd spend on regular cigarettes, but largely depends on the type of unit you buy. "Disposable e-cigs are the least expensive and cost less than a pack of cigarettes," he says. "However, once they are done, you have to buy a new pack. If you decide to go with the rechargeable model, you will pay more upfront (\$50-\$150) but will get your money back within days, depending on usage." The units recharge via a USB charger, and the cartridges that you refill — with more liquid or a dry product — cost a fraction of the price of a pack of Camels. Currently, the national average for cigarettes is \$7 per pack.

#4. E-CIG MARKETING CAN BE DECEPTIVE

Some manufacturers market e-cigarettes as a "stop smoking aid." They're not. How can they be if their main ingredient is still severely addictive? The FDA has spanked at least five companies with the honesty paddle for such practices. Dr. Loki Skylizard, a New Jersey Thoracic Surgeon who is hands down the best-named MD this side of Dr. Doom, agrees. "Marketers are now pushing vaporizers as 'safe alternatives' to smoking," he says. "The best up-to-date data we have shows that inhaling combustion products, even though vaporization methods, is not good for the body or lungs."

#5. VAPORIZED POT STILL MESSES WITH YOUR SPERM

Evidently, the tetrahydrocannabinol (THC) found in pot does more than burn brain cells. "Male fertility is affected by THC, regardless of the inhalation method," says pulmonologist Dr. Stephen D. Siegel. "THC has been observed to actually make sperm swim too fast and "burn out" before reaching the egg. In addition, the head of the sperm can become abnormal, and the overall sperm count lowers."

#6. E-CIGARETTES MAKE IT TOUGH TO BREATHE

Inhaling from an e-cigarette lowers your blood oxygen levels after just 10 minutes of use. That means it's harder for air to pass through the body, as it creates a 182 percent increase in airway resistance. "Some e-cigarettes have filtering functions that allow you to cut back on the nicotine in the smoke, and others do not," explains Dr. Alan Wartenberg, addiction medicine specialist. "E-cigarettes deliver the same amount of nicotine, which is what is bad for your heart, but has less in the way of tars, which is what causes cancer of the mouth, throat, and lungs."

#7. E-CIGS AREN'T THAT POPULAR ... YET

According to the New York Times, despite sales of electronic cigarettes being up, they only make up .5 percent of the overall tobacco market. Last year in the United States, the retail sales of e-cigs hit \$500 million.

<http://www.modernman.com/7-things-you-should-know-about-e-cigarettes/>