

Vaping and Oral Health: Unveiling the Hidden Risks

The choices we make today shape our health tomorrow.

What is Vaping?

E-cigarettes, also known as vapes, heat up a liquid containing nicotine, which is then inhaled in addition with other harmful chemicals. (1)

Nicotine stimulates the release of dopamine, a hormone that promotes the feeling of pleasure. As vaping continues, more nicotine is needed to release dopamine. (3)



Overall Health

- E-cigarettes contain chemicals, volatile organic compounds (which are also found in car exhaust), and heavy metals that can be detrimental to the lungs. (1)
- Vaping can increase risk to start traditional cigarette smoking & associated health conditions. (4)
- Regular nicotine exposure can impair memorization and concentration, negatively impacting brain development in young adults. (4)



Oral Conditions

Symptoms associated with e-cigarettes can include: (5)

- Dry mouth
- Burning or pain sensation
- Oral ulcers or cancer
- Gum inflammation or disease
- Hairy tongue
- Lip dermatitis
- Cavities
- Plaque

Take Control Now



Responsibilities

- Consider / Motivate users to go vape-free or reduce the use of e-cigarettes
- Educate family and friends on the health risks of e-cigarettes
- Provide a safe space for users to share personal experiences and cessation journey/strategies
- Advocate for policies that restrict the sale of e-cigarettes to minors



Early Detection

- Visit <https://checkyourmouth.org/wp/> to perform monthly self-screening at home for oral cancer
- Schedule routine health and dental check-ups to monitor for health changes

Ready to Quit?

- Ask your dental hygienist for cessation resources
- Visit <https://quitnow.ca> to learn more
- Join BC PharmaCare's Smoking Cessation program for coverage assistance

References:

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2. Bahl V, Lin S, Xu N, et al. Tobacco-derived flavors in e-cigarettes: a novel health risk? Tobacco Control. 2010;19(5):379-382. [cited 2024 Sep 29]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2946180/>.
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