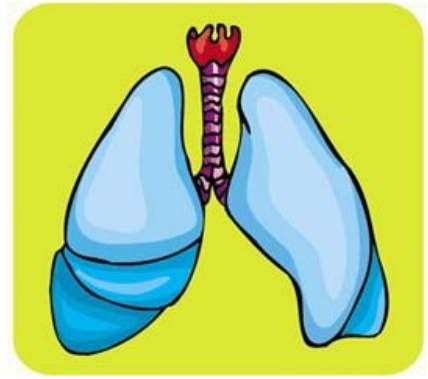


Name _____

Breathing Trouble: The Connection Between Vaping and Respiratory Illnesses



Do you know what happens when you take a deep breath? Your lungs fill with air, providing your body with the oxygen it needs to function properly. But have you ever wondered what might happen when you inhale the vapor from e-cigarettes or vape pens? In this reading passage, we'll explore the connection between vaping and respiratory illnesses, shedding light on the potential risks to your lungs.

Vaping, the act of inhaling vapor produced by e-cigarettes or vape pens, has become increasingly popular in recent years. While many believe it's a safer alternative to smoking, there are concerns about its impact on respiratory health.

The Appeal of Vaping

Vaping appeals to individuals who want to quit smoking or those attracted to the wide range of flavors available. It is often perceived as less harmful due to the absence of traditional tobacco.

The Vapor in Vaping

When you vape, you inhale a vapor that typically contains nicotine, flavorings, and other chemicals. This vapor enters your lungs, where it can potentially cause harm.

The Lungs and Their Function

To understand the connection between vaping and respiratory illnesses, it's essential to grasp how your lungs work. Lungs are vital organs that take in oxygen and release carbon dioxide, a waste product.

Potential Harm to the Lungs

Vaping exposes your lungs to various substances, some of which may be harmful. The aerosol produced by e-cigarettes can irritate and damage lung tissues.

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Respiratory Illnesses Linked to Vaping

Over recent years, a growing number of cases of respiratory illnesses have been linked to vaping. These illnesses can range from mild symptoms to severe lung injury.

EVALI: Vaping-Related Lung Injury

One specific condition associated with vaping is called EVALI (E-cigarette or Vaping Product Use-Associated Lung Injury). EVALI can cause symptoms like coughing, shortness of breath, chest pain, and fever.

The Role of Harmful Chemicals

Some harmful chemicals found in vape products, such as diacetyl and formaldehyde, can have adverse effects on lung health. Diacetyl, for example, has been associated with a condition known as "popcorn lung."



Long-Term Effects

While more research is needed, there are concerns that vaping may have long-term effects on lung health, especially for young people whose lungs are still developing.

Vaping may seem like a harmless habit, but it's essential to recognize the potential connection between vaping and respiratory illnesses. Understanding the risks can help individuals make informed choices about their health.