

Banning E-Cigarettes

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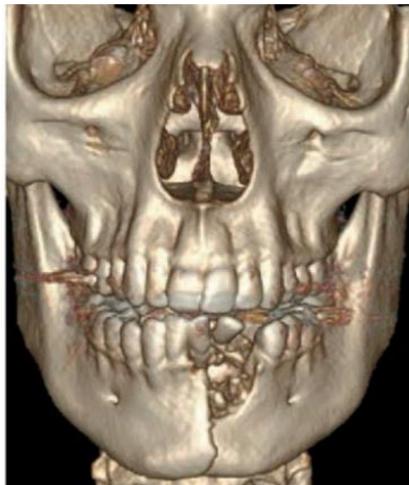
Know the Risks

- E-cigarette usage has increased over the past decade, attracting thousands of tobacco smokers with the desire to quit their nicotine addiction. However, vaping may not eliminate risks associated with conventional smoking and its renowned benefits do not outweigh the risks.
- Society should ban e-cigarettes to prevent impulsive accidents, nicotine addiction in adolescents and long-term health risks.



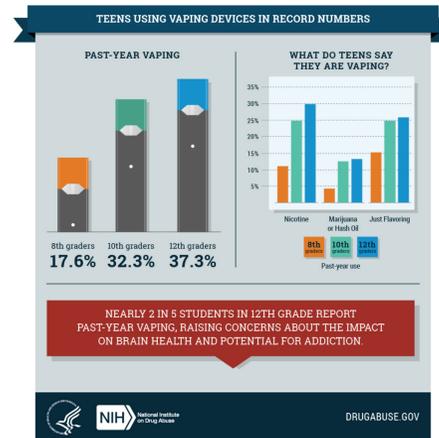
① Explosive Accidents

- The potential fatality instances such as e-cig explosions and burn injuries are highly underestimated.
- Vaping devices can dangerously explode, causing burns and severe facial damage.
- “Between 2009-2016, 195 documented incidents of explosion and fire involving e-cigs, according to USFA...133 injuries, 38 severe enough to warrant hospitalization.”
- Below is a CT scan of a 17-year-old, “blew up in his face while he was using it,” fractured his jaw and was required to undergo multiple operations to repair the painful wounds.



② Adolescent Addictions

- E-cigs promote youth vapers to seek other drugs
- Studies have shown that e-cigs encourage cigarette smoking in young adults
- E-cig use serves to push side effects of craving higher doses of nicotine
 - According to the U.S. Dept. of Health and Human Services, “until about age 25, the brain is still growing. Because addiction is a form of learning, adolescents can get addicted more easily than adults. The nicotine in e-cigarettes and other tobacco products can also prime the adolescent brain for addiction to other drugs such as cocaine.”



③ Long-term Health Effects

- Exposure to serious lung illnesses and heart disease, including several deaths
- Altogether, “E-cig use may affect inflammation in the airways that could alter a user’s susceptibility to infection and/or increase the risk of developing COPD or lung cancer.”
- Unhealthy risks, leaving the internal system permanently damaged
 - Furthermore, “patients experience breathing difficulty, shortness of breath, and/or chest pain before hospitalization... Some cases reported mild to moderate gastrointestinal illness including vomiting and diarrhea, or fevers and fatigue.”
 - As of October 2019, “1,479 Americans have been struck with lung illnesses tied to vaping THC or e-cigs.. claiming 33 lives.”

Counterargument

→ E-cigarettes are supposed to be the “healthier” alternative to conventional cigarettes.

- “Since these products do not burn tobacco, they will not expose the lung to the same toxic chemicals as regular smoked tobacco... will not cause the lung disease associated with chronic tobacco inhalation, including lung cancer and COPD.”

Refute:

→ Dangers of smokeless products only implement unsafe health risks: smoking cessation through e-cigarette use is not as effective as how it’s publicized.

- “E-cigs contain nicotine ultrafine particles, heavy metals (such as nickel and lead), flavoring (such as diacetyl, a chemical that can cause a serious lung disease), and volatile organic compounds.”

Solutions

Get Help!

-Effective and safe solution is by talking to the “doctor or another healthcare professional about plans to quit.”
Nicotine cravings/addiction is distressing and the process will be extremely difficult for most vapers. To mediate uneasiness, asking for medical help can guide those who feel stuck and lost.

Incentivize!

-One company in Japan decided to do something about their “deeply ingrained smoking culture.” This company “granted non-smoking staff an additional six days off each year to make up for the time smokers usually took for cigarette breaks.”
Their employees can revitalize themselves in fixing their daily lives because this method motivates people to break off from unhealthy habits. Companies will in turn embody a healthier group of workers.

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