

VAPING: AN EMERGING HEALTH HAZARD

by:

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Why vaping itself is bad for your kids, teens and even young adults? Why we should care about it? Yes, these questions will arise when you are beetle blind of what bad effects can cause vaping. Because it affects our health so bad and it can kill you. You can't let vaping to be the boss of you. Once you're addicted even if you don't want to do it, you'll have to do it. It may be true that you can control how much nicotine you take in with e-cigarettes. The nicotine content of e-liquids varies greatly, from extremely potent to average nicotine you take in with e-cigarettes. The nicotine content of e-liquids varies greatly, from extremely potent to average to nicotine-free. In e-cigarettes, you can choose how much vigor or potent chemical you want. In general, nicotine levels in e-cigarettes begin high or intense, gradually decrease to low levels, and then gradually disappear.

Additionally, you gain more satisfaction than smoking because with a single push you can use it easily whenever and wherever you want to vape. Plus, they're more accessible and widely available in any shop, store and kiosk. You can buy them online without any hassle and they will deliver it to you in your doorstep. Too good to be true right? However, there are consequences similarly to how each standard cigarette has some risks.

Overtime, using it frequently may cause some drawbacks specifically cancer and other respiratory and brain problems. You're probably aware that each cigarette contains some nicotine. If you frequently use an electronic cigarette, the hazardous ingredients it contains may cause you harm. According to 2020 PPS-DepEd Nationwide Online Survey 11% of kids and teens aging from 10-15 years old initiates to vaping. In addition, 20% are influenced by their parents who uses vape at home. Some of the reason why they vape is because they think it's less harmless, some are influenced by their peers and some people think it tastes good because they can taste a variety of flavors. Does vaping do anything

bad for you? Yes, it does, there are risks associated with all types of vaping. If you start using e-cigarettes or switch from smoking to them, you are more likely to suffer from serious health consequences. It could be harmful to us, especially during adolescence.

Prevention is better than cure. That is why we, the people, the media and the government should act to prevent these problems. By implementing laws such as restriction to 18 years and below, to reduce the availability of e-cigarettes to children, the federal and state governments should increase funding for enforcement initiatives and collaborate to find better ways to prevent sales to children in stores and online. Department of Health and DepEd should work side by side securing the health of the students especially every youth. The advocacy of the Provincial Health Government of Bataan to make the students aware of the disadvantages of vaping is high minded and principled by conducting a webinar like Twin Epidemic: Smoking and Now Vaping held last June 23 of this year who participated by most of the junior and senior high school students of the public schools in Balanga City. This program is of great help of protecting Filipinos' health especially the minor. In fact, the outgoing President Rodrigo Duterte openly states that the Vape Bill is a huge step back in protecting Filipinos' health.

References: