

## Mayo Clinic Minute: Vaping chemicals, not water

Video	Audio
	"Vaping is not water vapor."
	Dr. J. Taylor Hays says what people are inhaling is a complex solution of chemicals that have been changed from their original state because they've been heated at high temperatures.
<b>J. Taylor Hays, M.D. Nicotine Dependence Center Mayo Clinic</b>	"The solutions that are heated by these devices contain nicotine. They also contain a vehicle, typically vegetable glycerin or propylene glycol."
	And then there are a host of added e-juices, or vaping flavors and blends.
	"... although these components are considered safe for ingestion, the flavorings like cinnamon, the vehicles like vegetable glycerin, they are not safe for heating and inhaling because the chemical constituents have changed."
	And that's the concern.
	"Many of the chemicals now that can be inhaled are different aldehydes and other chemicals that are derivative from these original ones, and we think those are likely harmful."
	"Never inhale anything in your lungs except air."
	For the Mayo Clinic News Network, I'm Jason Howland.