

E-cigarettes Found to Damage the Circulation

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A new study, published by researchers from West Virginia University in August of 2017, suggests that any amount of exposure to e-cigarette vapor may be enough to damage blood vessel function. After 5 minutes of exposure to an e-cigarette, the arteries of the group of mice closed by 30 percent. After exposing the long-term group of mice to 20 hours of e-cigarette vapor per week for 8 months, the mice showed effects of aortic stiffness and damage to blood vessel function. Aortic stiffness is a complication in the heart's main artery, and is an indicator of cardiovascular disease.¹

¹ E-Cigarette Use Accelerates Effects of Cardiovascular Aging. American Physiological Society. 2017 Aug 12. [[APS Press Release](http://www.the-aps.org/mm/hp/Audiences/Public-Press/2017/44.html)]

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