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

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1 E-Cigarette Use Accelerates Effects of Cardiovascular Aging. American Physiological Society. 2017 Aug 12. [APS Press Release]

Source
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