

USE OF ELECTRONIC CIGARETTES AND HOOKAH IN ADOLESCENCE: EFFECTS AND CONSEQUENCES

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ABSTRACT

The use of electronic cigarettes (vapes) and hookahs has become a growing practice among teenagers, which has generated concern among health experts. Adolescence is a period of physical and psychological development, and the introduction of harmful substances at this stage can have long-term detrimental effects. The objective of this study was to conduct a literature review on consumption, exploring the motivations, consequences and patterns of use of these substances, which has become a global concern in recent years. These contents were the topics addressed in databases such as Pubmed, Lilacs, Capes Journals and VHL. Vape contains liquids with nicotine, chemicals, and in some cases, artificial flavors. Nicotine is a highly addictive substance and can affect brain development during adolescence, impairing memory, attention, learning, as well as increasing the risk of addiction in adulthood and heart problems, as it raises blood pressure and can affect blood vessels. The vapor contains toxic substances such as formaldehyde and acrolein, which can harm the lungs and increase the risk of respiratory diseases such as asthma and bronchitis. Hookah is a device used to smoke flavored tobacco, which can lead to the inhalation of a significantly higher amount of smoke than a cigarette, which can harm the lungs and increase the risk of respiratory diseases and cancers, especially lung and mouth cancers. Its shared and continuous use can increase the risk of infectious diseases, such as tuberculosis and other respiratory infections, and cardiovascular diseases, such as hypertension and artery problems, due to exposure to nicotine and other toxic substances present in smoke. Therefore, the use of electronic cigarettes and hookah during adolescence carries serious risks to physical, mental and social health. These substances can lead to dependence, impair brain development, affect the respiratory and cardiovascular systems, and increase the risk of serious diseases in the future. Prevention, through awareness, educational programs and support from parents and educators, is essential to combat the use of these substances among adolescents.

Keywords: Electronic cigarette. Vape. Hookah. Adolescent.

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