

Clearing the Air on Vaping and Oral Health

The use of electronic cigarettes (e-cigarettes) or modified devices (MODs), also known as vaping, has become increasingly popular in Canada, especially among youth and young adults. Unfortunately, vaping is not harmless—especially when it comes to your oral health.



What Is Vaping?

Vaping is the act of inhaling a vapour (an aerosol) created by heating a liquid (often called e-liquid or vape juice) in a device. This liquid may contain:



Oral Health Risks

Dry mouth and cavities

Saliva protects your teeth. Vaping can reduce the amount of saliva you produce, which leads to dry mouth and increases the bacteria that cause cavities and bad breath.

Gum disease

Vaping can irritate the inside of your mouth, leading to gum disease (gingivitis), receding gums, loss of tooth enamel, and tooth sensitivity. It can also contribute to bone loss (periodontitis).

Cancer

The vapour you inhale may contain chemicals, such as formaldehyde, that damage cells and may increase the risk of oral cancer. Vaping devices can release cancer-causing metals such as lead, nickel, lead, cadmium, and chromium. Breathing in these metal particles can harm your mouth and your body.

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How to Protect Your Oral Health

- 1 Limit the amount of vaping you do.
- 2 Stay hydrated to avoid dry mouth.
- 3 Chew sugar-free gum to stimulate saliva to protect against cavities, dry mouth and bad breath.
- 4 Brush and clean between your teeth at least twice daily.
- 5 Consider quitting—vaping is addictive and harmful. Your dental hygienist can help!
- 6 Visit your dental hygienist regularly.

Nicotine = Addiction

Most vape juices contain nicotine, which is very addictive. Nicotine can:

- make it harder for youth to manage emotions, focus, and learn
- raise your heart rate and blood pressure
- slow down healing in your mouth after dental treatment



More Information

- It is illegal to sell vaping devices and products to people under the age of 19 in Canada.
- Burn injuries can occur from exploding battery-powered vaping devices.
- Vaping may trigger asthma symptoms or attacks.
- Vaping poses a major risk to your lung and heart health.

Vaping: Not an Approved Quit-Smoking Tool

Although vaping is marketed to adults as a safer alternative to smoking, it's not an approved quit-smoking aid in Canada. Dental hygienists can offer proven strategies to help you stop using tobacco or vaping products.

The Bottom Line Vaping isn't harmless. It can damage your teeth, gums, and overall health. Before you start—or if you already vape—know the risks and make informed choices.

Dental hygienists are primary health care providers who promote oral health and offer guidance on healthy lifestyle choices—because good oral health is essential for your overall well-being.

Book an appointment with your dental hygienist today!

Learn more about oral health at dentalhygienecanada.ca