

A close-up photograph of several pieces of white popcorn with some yellow seasoning, scattered on a blue plate with a concentric circular pattern. The background is dark and out of focus.

Popcorn Lungs



Popcorn lung is another common health effect linked to vaping.

Contrary to what you may have heard, users do not inhale water vapor. Instead, they inhale an aerosol. This aerosol contains liquid mixed in with gaseous chemicals. Some of these chemicals, ***Diacetyl*** in particular, are known to damage the parts of the lungs responsible for taking in oxygen and getting rid of carbon dioxide- making it harder to breathe.

This kind of irreversible damage to the lungs is known as popcorn lung, so named for the popcorn factory workers who first contracted it. Popcorn lung is particularly concerning because of that chemical ***Diacetyl***.

Visit www.epicbh.org/EPIC-Buzz and watch the Health Risks of Vaping video for more information.