The Risks of Vaping

Lung Capacity

Total lung capacity refers to the maximum amount of air a person's lungs can hold, about four to six liters (4000 to 6000 cm^3) for the average human. Only a third of this capacity is used during normal activity, but this fraction increases during strenuous activity when the body requires more oxygen. On average, males have a 20-25% higher capacity than females, and tall individuals have a greater capacity than short people

Different animals exhibit different lung capacities based on their activities. For example, cheetahs have evolved a much higher lung capacity than humans in order to provide oxygen to all the muscles in the body, allowing them to run very fast. Elephants also have a high lung capacity due to their large body and their need to take up oxygen in accordance with their body size.

Human lung size is determined by genetics, gender, and height. At maximal capacity, an average lung can hold almost six liters of air; however, lungs do not usually operate at maximal capacity. Air in the lungs is measured in terms of lung volumes and lung capacities. Volume measures the amount of air for one function (such as inhalation or exhalation) and capacity is any two or more volumes (for example, how much can be inhaled from the end of a maximal exhalation).

Balloon Exercise

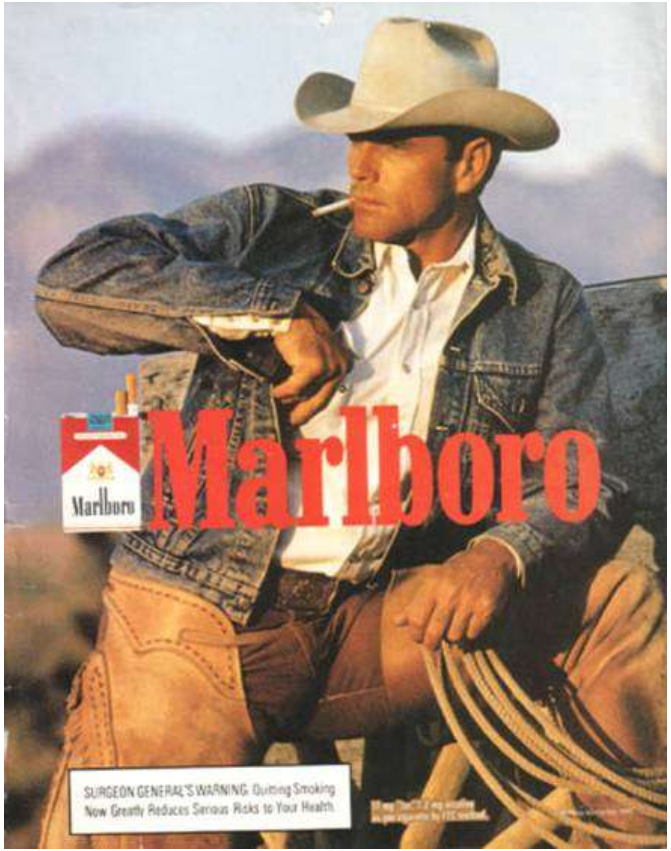
The effects of smoking on the lungs

video

Advertising in the 1950s

video

The Marlboro Man



The Real Marlboro Man

Video

Some “experts” say that it’s not the nicotine that does the damage but the byproducts of the tobacco when it is burned.

Do you believe this? Why or Why not?

Vaping video Vaping in US High Schools

Why do you think vaping has become so popular among teens?

Do you think teens who are using vapes would otherwise use cigarettes?

Why do people think vaping is safer than smoking?

Vaping-The good, the bad, the ugly