

CAMP HILL, Pa. (Aug. 13, 2024) — More than [2.1 million teens vape](#), according to the 2023 Annual Youth Tobacco Survey -- a practice that a United Concordia Dental clinician believes could impact their oral and overall health.



"While studies show that the number of teens who vape is gradually decreasing, there's still concern for the many teens who are still engaging in this habit. With regular use, vaping can have harmful effects on your oral and overall health," said Katie Deffke, DDS, dental director, United Concordia Dental. "This addictive habit has associations with lung disease, asthma and heart disease, and can increase the risk of cavities, gingivitis and periodontal disease — a fact that many may be unaware of."

For oral health, e-liquids containing nicotine and other additives are a cause for concern. The National Library of Medicine published a [review](#) that found the artificial flavorings in e-liquids and aerosols as a significant cause of cavities due to the additive sugars used that can contribute to tooth decay.

Flavored e-liquids comprise most of the market — more than [400 brands and 7,000 flavors were available in 2023](#). Considering [9 out of 10 teens prefer these flavored liquids](#), the majority of vapers in this age group face an increased risk of cavities.

"Early detection and encouragement to quit vaping is important for avoiding more serious long-term problems. Parents should consult with a dentist or physician for support if they think their teen is vaping," said Deffke.

Here are five signs parents should consider that may indicate their teen is vaping:

- Trouble sleeping
- Changes in emotions or habits
- A dry cough or wheezing
- Complaints of dry mouth
- Unfamiliar batteries, chargers or pen-shaped cylinders

To best take care of a teen's well-being, it is important for parents to have open conversations about the risks of vaping. The University of Rochester offers tips, [conversation starters and resources](#) to help prepare for them.

For more on oral health, visit the Wellness Resources section at [UnitedConcordia.com](#). [Sign up](#) to get the latest company news.

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<https://news.unitedconcordia.com/vaping-can-lead-to-increased-health-risks-in-teens>