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Dear Editor

As a researcher and public health lecturer, the misinformation on vaping is perturbing. The prime belief of the society that vape is a safe alternative to smoking is completely mistaken. The fact that vaping is not less harmless than smoking needs to be widely disseminated. Vape does contain harmful chemicals i.e. nicotine, propylene glycol, glycerol and few others that aren't listed on the pack. These chemicals when inhaled can lead to serious respiratory problems including lung injuries (EVALI), pneumonia, pneumothorax and acute respiratory distress syndrome (ARDS). Apart from that, nicotine can cause addiction, poisoning and prolonged use of nicotine can lead to increased risk of heart disease, suppress immune system, DNA mutation and brain development retardation. The health effects of vaping not only affect those who vape but also other people who are exposed as second-hand vapers.

The main concern among Malaysia public health personnel is the use of vaping shows sharp increment from 9.8% in 2017 to 14.9% in 2022 among teenagers in this country. In addition, female vapers are increasing and bolder to vape in public. Vaping has become one's lifestyle and reason to be accepted in a social group. The responsibility of public health personnel and each individual in the society is to work together to instill awareness among vapers especially school children and teenagers in order to increase their level of knowledge on vaping with the hope that this knowledge will lead to negative attitudes towards vaping and stop the behavior of vaping among them. The extensive health education and promotion programs on the danger of vaping are continuously conducted at primary and secondary schools, during community activities and outreach programs aiming at healthy individuals to avoid them from starting to vape and contract the health issues from vaping. It is hoped that further research and effective interventions can wipe the use of vape among all school children and teenagers to assure that we have better leaders in the future.

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