

## Unit 3 Reading

Read and select the correct answer.

### The Risks of Vaping for Your Health



Vaping has become a popular alternative to smoking in recent years, but it is not without its risks. Vaping involves inhaling a vaporized liquid, often containing nicotine, which is heated by an electronic device. Here are some of the potential risks of vaping:

**Addiction:** Nicotine is a highly addictive

substance, and vaping liquids often contain high levels of it. This can lead to nicotine addiction, which can have negative effects on both physical and mental health.

**Lung Damage:** Vaping can cause lung damage, including lung inflammation and respiratory problems. This is because vaping liquids often contain chemicals that are harmful to the lungs, such as formaldehyde and acrolein.

**Cardiovascular Disease:** Vaping can also increase the risk of cardiovascular disease, including heart attacks and strokes. This is because vaping liquids can cause the arteries to narrow, reducing blood flow to the heart and other organs.

**Mental Health:** Nicotine addiction can also have negative effects on mental health, including increased anxiety and depression.

In conclusion, while vaping may seem like a safer alternative to smoking, it is not without its risks. Vaping can lead to nicotine addiction, lung damage, cardiovascular disease, and mental health problems.

1. What is vaping?
  - a. A type of smoking.
  - b. A type of chewing tobacco.
  - c. Inhaling vaporized liquid.
  
2. What is the potential risk of addiction associated with vaping?
  - a. It can lead to addiction to alcohol.
  - b. It can lead to nicotine addiction.
  - c. It can lead to addiction to caffeine.
  
3. What type of chemicals in vaping liquids can be harmful to the lungs?
  - a. Formaldehyde and acrolein.
  - b. Salt and sugar.
  - c. Vitamins and minerals.
  
4. How can vaping increase the risk of cardiovascular disease?
  - a. By reducing blood flow to the heart and other organs.
  - b. By increasing blood flow to the heart and other organs.
  - c. By increasing the size of the arteries.
  
5. What mental health problems can be associated with nicotine addiction?
  - a. Increased anxiety and depression.
  - b. Increased happiness and energy.
  - c. Decreased concentration and focus.

6. Is vaping a safe alternative to smoking?
- a. Yes, it is completely safe.
  - b. No, it has potential risks.
  - c. It depends on the person.
7. Can vaping lead to lung damage?
- a. Yes.
  - b. No.
  - c. It is unclear.
8. What is the main message of the article?
- a. Vaping is a safer alternative to smoking.
  - b. Vaping is not without its risks and can have negative effects on health.
  - c. Vaping has no potential risks.

