Parenthetical words or expressions are the elements that you interject into a sentence. Because they interject, they can be viewed as non-essential and interrupting.

1. The students, it turns out, were all hiding the mascot.
2. The chemo therapy, incidentally, damages healthy cells as well as cancer cells.

Transitional words or expressions are offset on either side by commas as well. They are those words or expressions that are often used to connect—conjunctive adverbs.

1. Dogs, however, are not always the smartest animals on the planet.
2. They are, for example, easily sidetracked.