

Access

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What you need to know about vaping

E-cigarettes are a relatively new tobacco product that have been sold in the U.S. for about a decade. E-cigarettes or vape pens, are electronic devices that heat a pod of liquid, turning it into vapor that contains nicotine, flavorings and other substances.

Is vaping safe?

Hear what experts are saying

E-cigarettes currently in the U.S. marketplace have not been systemically reviewed by the Food and Drug Administration to determine their impact on lung health. While much remains to be determined about the lasting health consequences of these products, the American Lung Association is very troubled by the evolving evidence about the impact of e-cigarettes, reporting that inhalation of harmful chemicals can cause irreversible lung damage and lung disease.

In January 2018, the National Academies of Science, Engineering and Medicine¹ released a consensus study report that **reviewed more than 800 different studies on vaping**. That report made it clear: **using e-cigarettes causes health risks**. It concluded that e-cigarettes both contain and emit **any number of potentially toxic substances**. The Academies' report also states there is moderate evidence that young people who use e-cigarettes are at increased risk for cough and wheezing and increased asthma symptoms. A study published in *Pediatrics* suggests that adolescents who vape are six times more likely to regularly smoke tobacco in young adulthood.

¹ Retrieved on March 3, 2020. NAM Report - <https://www.nap.edu/resource/24952/012318ecigaretteConclusionsbyEvidence.pdf>



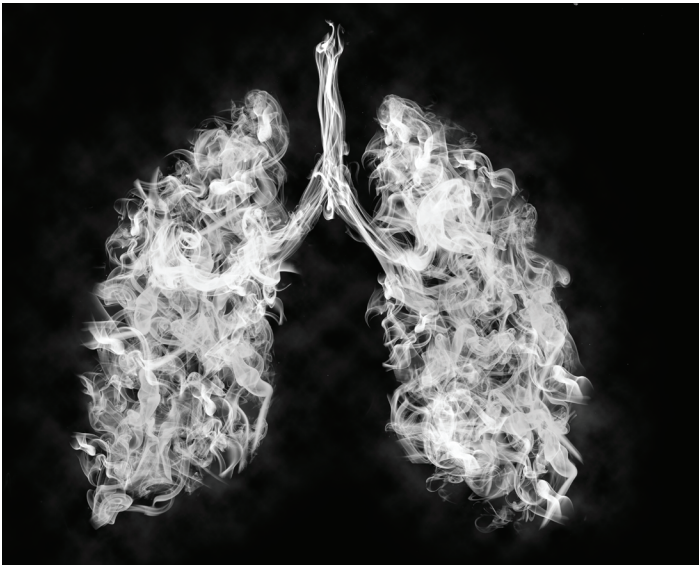
Did you know?

- E-cigarettes produce a number of dangerous chemicals including acetaldehyde, acrolein, and formaldehyde. These aldehydes can cause lung disease, as well as cardiovascular (heart) disease.
- Acrolein is actually an herbicide primarily used to kill weeds. It can cause acute lung injury, COPD and may cause asthma and lung cancer.

**Advocate Aurora EAP
is here to help:**



Call 1-800-236-3231



What about nicotine and THC?

Nicotine is a toxic substance. Nicotine is the primary agent in both regular cigarettes and e-cigarettes. It's highly addictive. It causes a person to crave smoking and suffer withdrawal symptoms if he or she ignores the craving. Nicotine raises blood pressure and spikes adrenaline, which increases a person's heart rate and the likelihood of having a heart attack. Young or old, nicotine is equally dangerous for all ages.

Many vape pens **are used to inhale THC**, the main psychoactive ingredient in marijuana. The Centers for Disease Control (CDC) suspects that exposure to THC, as well as a mix of THC, nicotine and vitamin E (an additive used in many vape cartridges), is causing serious lung injuries and some deaths among users. As of January 21, 2020, the CDC confirmed 60 deaths in patients with e-cigarette or vaping product use.²

What about secondhand e-cigarette emissions?

Both the U.S. Surgeon General and the National Academies of Science, Engineering and Medicine have warned about the risks of inhaling secondhand e-cigarette emissions, which are created when an e-cigarette user exhales the chemical "cocktail" created by e-cigarettes.

The Surgeon General has concluded that secondhand emissions contain "nicotine, ultrafine particles; flavorings such as diacetyl (a chemical linked to serious lung disease); volatile organic compounds such as benzene (found in car exhaust); and heavy metals such as nickel, tin and lead."

Can e-cigarettes help people quit smoking?

Will e-cigarettes help someone stop smoking once and for all? Unfortunately, the Food and Drug Administration has not found any e-cigarette to be safe and effective in helping smokers quit the habit. If smokers are ready to give up smoking, they should call **1-800-QUIT NOW** or talk with their doctor about finding the best way to quit, using proven methods and FDA-approved treatments and counseling.

Many young people (and some adults) still have a misconception that vaping is completely harmless. It is not. Take the time to learn more about vaping and how it may affect your long-term health or the health of someone you love. With vaping people are exposed to all kinds of chemicals that are not yet fully understood, but emerging research clearly indicates that these chemicals are simply not safe.



² Retrieved on March 3, 2020, from <https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vaping>