

FOR IMMEDIATE RELEASE

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CONTACT: Dr. Sharon Harris 516- 676-2008

safeglencove@yahoo.com

SAFE Glen Cove Coalition – Information for Parents-More Research is Emerging on Dangers of Vaping

SAFE and Coalition Partner TAC in our effort to keep parents informed of the new body of science surfacing regarding the harms of vaping.

The National Center for Health Statistics maintains e-cigarette use is highest among adults 18 to 24 years old. Although vaping is prevalent among young men and women, young men were slightly more likely to use e-cigarettes. E-Cigarettes or Vaping is the process of inhaling heated liquid in aerosol form into the lungs from vapes, mods, e-hookahs, pens and other devices. The aerosol is inhaled into the lungs where the nicotine and chemicals filter into the bloodstream. Other substances besides nicotine can include ultrafine particles that can be inhaled deep into the lungs; flavorings such as diacetyl, a chemical linked to a serious lung disease; volatile organic compounds; cancer-causing chemicals; and heavy metals such as nickel, tin and lead. While each method tends to look a bit different, they all work similarly.

According to the Centers for Disease Control and Prevention (CDC), between January 2020 and December 2022, e-cigarette sales jumped by more than 46 percent, an increase from 15.5 million products per month to 22.7 million monthly. One survey of high school seniors found that more than 40 percent had tried e-cigarettes even though it's illegal to sell e-cigarettes to anyone under 21. Experts generally agree that since most e-cigarettes contain highly addictive nicotine, young adults who use e-cigarettes are at increased risk for long-term effects including lung damage and brain development issues. Other risks of vaping are also concerning: According to a recent CDC study, 99 percent of the e-cigarettes sold in the United States contained nicotine.

Research has been conducted on tobacco for decades. Studies have shown which of the 7,000 chemicals inhaled during smoking impact the lungs. Since vaping is relatively new, research about exactly how it affects the lungs is in the initial stages. What's very concerning is that companies can make the vapes and/or chemicals to refill the cigarettes, so when people buy or refill them, the products can be unknown. If the products contain contaminants, it can lead to several serious lung injury and body injury in general.

The perception that vaping is harmless, especially in young people, is very dangerous. The benefits of quitting have distinct and factual benefits, including saving money, improving lung health and giving the heart an immediate boost. EVALI is short for e-

cigarette or vaping product use-associated lung injury. It is a serious medical condition in which a person's lungs become damaged from substances contained in e-cigarettes and vaping products. The vitamin E acetate, an additive in some THC-containing e-cigarettes, is the primary, but not the only, cause of EVALI. On a positive note, the number of new EVALI cases has declined dramatically over the last few years, most likely due to public health messaging about a link between THC in e-cigarettes and EVALI, and the removal of vitamin E acetate from e-cigarettes. Another issue is Bronchiolitis Obliterans or more commonly known as popcorn lung. This condition is caused by the chemical diacetyl, used to sweeten some vape liquids.

There is a great degree of variation across the United States regarding use of electronic cigarettes. Many experts blame the medical issues suffered from vaping on how loosely the vaping industry is regulated. Companies that make the substances going into the vapes can simply add chemicals to change the flavor or experience. Because vaping businesses aren't required to reveal the chemicals in these flavors, the long-term effects of their use is unknown. Additionally, since there is less regulation, some of the chemicals used are more likely to be contaminated.

If your child or a youth you know is ready to quick the habit the State offers a wonderful program to help. "Drop the Vape" is a New York State-specific free and anonymous text messaging program, designed by the Truth Initiative, and created with input from teens, college students, and young adults who have attempted to, or successfully, quit vaping.

New York State youth, ages 13-17, and young adults, ages 18-24, can text DropTheVape to 88709 to sign up to receive age-appropriate supportive and motivating text messages to support quit efforts. Enrollees in the program receive interactive daily text messages tailored to their sign-up date or their target quit date if they set one. Those without a quit date receive messages for at least one month. Program users who set a quit date (which they can change) receive messages for at least one week prior to the quit date and for at least two months following the quit date. Drop the Vape also directs users to the New York State Quitline_ for free and confidential quit coaching via telephone, internet, and text, and free starter kits of nicotine replacement therapy (NRT) for eligible New Yorkers.

For help young people can join by texting "DropTheVape" to 88709.

Keep aware, stay informed and avoid unhealthy behaviors "Live SAFE ". The SAFE Glen Cove Coalition works diligently to protect youth and inform parents through prevention education to avoid the negative consequence of nicotine addiction.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention, and education agency in the City of Glen Cove. The Coalition is concerned about all combustible and electronic products with marijuana and tobacco and youth consumption. The Agency is employing environmental strategies to educate and update the community regarding the negative consequences in collaboration with Carol Meschkow, Manager- Tobacco Action Coalition of Long Island. To learn more about the SAFE Glen Cove Coalition please follow www.facebook.com/safeglencovecoalition or to learn more about electronic

products visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health www.safeglencove.org.