

E-cigarettes

Even More Harmful Than We Thought!



According to a study completed by the California Department of Public Health in January 2015, e-cigarettes are NOT just harmless water vapor. The aerosol formed from heating the liquid to 400 degrees contains at least 10 chemicals known to cause cancer, birth defects, or other reproductive harm. They include toluene, acetaldehyde, benzenene, formaldehyde, isoprene, nickel, lead, nicotine, N-nitrosornicotine.

Most e-cigarettes also contain nicotine, which is a poison and is as addictive as heroin and cocaine. We also know that it adversely effects brain development in youth. Less than 10% of e-cigarettes have been used to successfully quit smoking conventional cigarettes. In fact, 4 new studies have shown that usage of e-cigarettes leads to smoking regular cigarettes.

The new generation of e-cigarettes penetrate deeper into the lungs. Another recent study by the Harvard School of Public Health, December 8, 2015, showed an alarming link to a severe respiratory disease caused by the flavorings added to the liquid. The flavorings tested include varieties that appeal to our youth such as cotton candy, fruit squirts, and cupcake.



The Occupational Safety & Health Administration (OSHA) and the flavoring industry have warned factory workers exposed to inhaling the chemical diacetyl because of the association with the debilitating respiratory disease bronchiolitis obliterans, known also as "Popcorn Lung". It first appeared in workers who inhaled artificial butter flavorings in microwave popcorn factories. Some of the workers' lungs were so damaged by the exposure that they were put on lung transplant lists. These workers were very young, in their 20's and 30's.



Diacetyl and other related flavorings are used in flavors other than butter-flavored popcorn, including fruit flavors, alcohol flavors and candy flavors. The study done by Harvard showed diacetyl was detected above laboratory limits in several of the flavorings used in e-cigarettes.

Previously the health concerns with e-cigarettes focused on the dangers of nicotine, but there is still much we do not know about e-cigarettes. This new study has shown the very real danger from the flavorings added to e-cigarettes and the potential for very serious lung damage.

The complete study can be found at: <http://ehp.niehs.nih.gov/15-10185>



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