



400 N. Broadway, Suite #1, Edmond, OK 73034  
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## **ADVISORY ON E-CIGARETTES/ENDS/PVs'**

### **ADVISORY TO CONSUMERS OF ELECTRONIC CIGARETTES, ELECTRONIC NICOTINE DELIVERY SYSTEMS (ENDS), PERSONAL VAPORIZERS (PVs') AND OTHER VAPOR PRODUCTS:**

Although while nicotine is addictive and toxic at high levels and should at all times be kept away from children and pets. The dose makes the poison (Principal of Toxicology). Current FDA approved nicotine replacement products have a history of sickening children. Studies indicate that oral ingestion of Nicotine below 50mg-60mg per unit volume weight are not harmful to adults. Nicotine in e-liquids containing over 36mg is not sold to a consumer and is not orally consumed, but inhaled. Just remember to keep nicotine products out of reach and away from children and pets at all times. Responsible parenting is a must.

Studies indicate NO apparent risk to human health from e-cigarette emissions based on compounds analyzed whether that be indoor/outdoor or in a vehicle. Additional studies went on to conclude that it could be more unhealthy to breathe air in big cities compared to staying in the same room with someone who is vaping and that chemical contaminants are of even less concern. Even though e-liquid usually contains 50% propylene glycol, during test NO propylene glycol was detected. While there have been many claims that formaldehyde, acrolein, nitrosamines, metals, and ethylene glycol found in e-cigarette vapor poses a health hazard, the study concluded that all of these have been found only at trivial levels that pose no health concern.

As more and more research comes forward we are finding that there is no impact from e-cigarettes and how they affect the arteries, cardiac cells, blood and oxygen supply. Studies show no stiffening of the aorta or elastic properties to arteries after using e-cigarettes. Vapor from e-cigarettes or PV's were found to have no adverse effects on cardiac cells while no difference in coronary blood flow and resistance was observed either. It was further stated that: "Acknowledging the significant potential of electronic cigarettes as smoking alternatives and based on the scientific evidence which clearly indicated that they are much safer, it is important that health authorities will regulate these products in a way that will promote rather than restrict their availability and use by smokers who are unable to quit with currently approved medical methods."

Studies are also finding that neither a brief session of active e-cigarette smoking nor a 1 h passive e-cigarette smoking session significantly interfered with normal lung function. Additional studies conducted at the University of Oklahoma also found that results indicated that during sampling, pulmonary function test showed NO change after EC sampling, but a significant reduction in pulmonary functioning did occur after smoking a traditional cigarette.

Flavors play an important role in the acceptance and success of e-cigarettes or PV's as a smoking substitute because as an individual moves away from smoking tobacco cigarettes their sense of taste and smell begins to return. Adults also like flavors, and study shows that flavors are marketed because there is a demand by regular users. They are important for vapers' efforts to stay off cigarettes and they ARE NOT targeting youngsters (as accused by the news media and several political groups). Considering the fact that adoption of e-cigarettes and PV's by youngsters is minimal (and mostly observed in smokers), any regulation that would restrict flavors variability would be inappropriate. It would cause harm to vapers while no public health benefits would be observed in any other population group. Instead, restrictions to the use of e-cigarettes by youngsters should be imposed, while flavors variability should be maintained both for current users and for smokers who should be tempted to use e-cigarettes as an alternative habit.



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