



## December 17 Long-term vaping health effects study

# MESH FLU WATCH

### Threat Assessment

There have been numerous recent studies and reports on the health effects of vaping amid the e-cigarette, or vaping, product use-associated lung injury (EVALI) outbreak across the country. However, most of these studies and reports focus on the short-term health effects. But recently, the American Journal of Preventative Medicine published a study that highlighted some of the long-term health effects of EVALI. Some of those findings and takeaways are highlighted below:

- The study included 32,000 adults in the U.S. None had any signs of lung disease when the study began in 2013.
- By 2016, investigators found people who used e-cigarettes were 30 percent more likely to have developed a chronic lung disease, including asthma, bronchitis and emphysema, than nonusers.
- E-cigarette use brought on the development of lung disease in just 3 years
- Those who smoked regular, combustible cigarettes had a higher risk of developing chronic lung diseases than those who used only e-cigarettes. But the study also found many adult smokers who tried e-cigarettes ended up using both forms of tobacco.
- Combining regular and e-cigarettes more than tripled the risk for developing chronic lung diseases, the study found.
- Ways e-cig/vapes can negatively affect you-[chemical burns](#) to lung tissue, [toxic metals](#) that leave lasting scars on lungs, [vitamin E oil](#) that clogs lungs or even [overheated batteries that explode](#). [\(NBC\)](#)

#### Action Steps:

1. Adults using e-cigarettes or vaping products as an alternative to cigarettes should not go back to smoking; they should weigh all available information and consider utilizing [FDA-approved cessation medications \(CDC\)](#)
2. Adults who continue to use an e-cigarette, or vaping, product, should carefully monitor themselves for symptoms and see a healthcare provider immediately if they develop [symptoms](#) like those reported in this outbreak. [\(CDC\)](#)
3. Go here for the full American Journal of Preventative Medicine study>[AJPM](#)

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