



**Please take a moment to review an updated article from STOPP.**

## **What We Learned About Recent E-Cigarette Cases**



This year has seen an alarming increase in hospitalizations and deaths associated with lung injuries attributed to e-cigarette usage. As of December 17, 2019, there have been 2,506 cases and 54 deaths attributed to what is being called E-cigarette, or Vaping, Product Use–Associated Lung Injury, or

EVALI, as reported by the Centers for Disease Control and Prevention (CDC). In the state of California, 178 hospitalized cases and four deaths (involving patients from 14-70 years of age) were reported to the California Department of Public Health, as of December 10, 2019.

What caused these hospitalizations and deaths? Can we assume that smoking e-cigarettes caused these lung injuries? The CDC reports, that with data from patients, it appears that vitamin E acetate is associated with EVALI; however, it is possible that more than one compound or ingredient could be a cause of lung injury, and evidence is not yet sufficient to rule out contribution of other toxicants to EVALI. As a result, the CDC suggests the following health recommendations:

- Do not buy any type of e-cigarette or vaping products particularly those containing THC from informal sources such as friends, family, or in-person or online dealers;
- Do not modify or add any substances to e-cigarette or vaping products that are not intended by the manufacturer;
- Refrain from using all e-cigarette and vaping products ; and
- Individuals 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 (<https://smokefree.gov/tools-tips/how-to-quit>).

They should also contact their healthcare provider if they need help quitting tobacco products, including e-cigarettes.

If you use e-cigarette or vaping products, carefully monitor yourself for symptoms and seek a healthcare provider immediately if you develop the following CDC reported symptoms:

- Coughing
- Shortness of breath
- Chest pain
- Nausea
- Vomiting
- Abdominal pain
- Diarrhea
- Fever
- Chills

In addition to following the CDC recommended health guidelines, it is important to learn more about the different electronic-cigarette devices sold on the market. Campaign websites such as [Tobacco Free CA](#), [Flavors Hook Kids](#), and [Truth Initiative](#) are resources where you can find facts about the different tobacco products, read the latest studies, and get updates on steps being taken to regulate the electronic-cigarette industry in California. By increasing our level of awareness on the emerging tobacco products and their negative effects, we can prevent future health complications and a potentially life-long addiction to nicotine.



For more information or to get involved in the STOPP Coalition, please contact Tiara Johnson at [tjohnson1@sjcphs.org](mailto:tjohnson1@sjcphs.org) or call 209-468-2411.



