



An Ounce of prevention...

Texas J-RAC Prevention and Education Committee Newsletter

March 2014

The Texas "J" Regional Advisory Council shall encourage and support the development of a comprehensive continuum of quality health care to be provided for all patients in Trauma Service Area "J". The Prevention & Education Committee shall encourage and support J-RAC participants endeavors to fully develop and implement the region wide trauma system in order to reduce the number of trauma incidents, preventable deaths, and reduce the severity of trauma-related disability, and to ensure that all trauma victims receive the best care possible.

FDA Warns of Health Risks Posed by E-Cigarettes

Inside this Issue	E-cigarette health risks could potentially outweigh the risks of smoking regular cigarettes. The levels of nicotine in e-cigarettes can kill a child, its carcinogens can cause cancer in adults, and the unknown chemicals added to the nicotine-laced liquid solution are kept hidden from the consumer. On December 7, 2010, the U.S. Court of Appeals for the District of Columbia Circuit already upheld a lower court ruling and decided that electronic cigarettes should be regulated as tobacco products.
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In a 2009 consumer health [brochure](#) titled "FDA Warns of Health Risks Posed by E-Cigarettes," the FDA wrote that "also known as 'e-cigarettes,' electronic cigarettes are battery-operated devices designed to look like and to be used in the same manner as conventional cigarettes. Sold online and in many shopping malls, the devices generally contain cartridges filled with nicotine, flavor, and other chemicals. They turn nicotine, which is highly addictive, and other chemicals into a vapor that is inhaled by the user. The FDA is concerned about the safety of these products and how they are marketed to the public," said Margaret A. Hamburg, M.D., Commissioner of the [U.S. Food and Drug Administration](#).

Most e-cigarettes, electronic cigarettes, or electronic nicotine delivery systems (ENDS) "contain large concentrations of propylene glycol, which is a known irritant when inhaled. The testing of some of these products also suggests the presence of other toxic chemicals, aside from nicotine. In addition, use of these products -when they contain nicotine- can pose a risk for nicotine poisoning (i.e. if a child of 30 Kilos of weight swallows the contents of a nicotine cartridge of 24 mg this could cause acute nicotine poisoning that most likely would cause its death) and a risk for addiction to nonsmokers of tobacco products. Nicotine, either inhaled, ingested or in direct contact with the skin, can be particularly hazardous to the health and safety of certain segments of the population, such as children, young people, pregnant women, nursing mothers, people with heart conditions and the elderly. ENDS and their nicotine cartridges and refill accessories must be kept out of the reach of young children at all times in view of the risk of choking or nicotine poisoning."

According to the [historical overview](#) report "E-cigarettes: The secret about electronic cigarettes - what every e-cigarette user might want to know," the lack of regulation in the production of e-cigarettes "allows e-cigarette companies to be lazy or negligent."

Source: <http://www.thehealthyarchive.info/2013/10/france-fda-warns-of-health-risks-posed.html>

Consequences of Smoking

Overview

- Smoking:^{1,2} harms nearly every organ of the body
- Smoking causes many diseases and reduces the health of smokers in general
- Quitting smoking lowers your risk for smoking-related diseases and can add years to your life.^{1,2}

Smoking and Death

- Smoking is the leading preventable cause of death in the United States.
- Cigarette smoking causes more than 480,000 deaths each year in the United States. This is about one in five deaths.^{1,2,3}
- Smoking causes more deaths each year than all of these combined:⁴
 - ◇ Human immunodeficiency virus (HIV)
 - ◇ Illegal drug use
 - ◇ Alcohol use
 - ◇ Motor vehicle injuries
 - ◇ Firearm-related incidents
- More than 10 times as many U.S. citizens have died prematurely from cigarette smoking than have died in all the wars fought by the United States during its history.¹
- Smoking causes about 90% (or 9 out of 10) of all lung cancer deaths in men and women.^{1,2} More women die from lung cancer each year than from breast cancer.⁵
- About 80% (or 8 out of 10) of all deaths from chronic obstructive pulmonary disease (COPD) are caused by smoking.¹
- Cigarette smoking increases risk for death from all causes in men and women.¹
- The risk of dying from cigarette smoking has increased over the last 50 years in men and women in the United States.¹

Smoking and Increased Health Risks

- Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer.
- Smoking is estimated to increase the risk—
 - ◇ For coronary heart disease by 2 to 4 times^{1,6}
 - ◇ For stroke by 2 to 4 times¹
 - ◇ Of men developing lung cancer by 25 times¹
 - ◇ Of women developing lung cancer by 25.7 times¹
- Smoking causes diminished overall health, such as self-reported poor health, increased absenteeism from work, and increased health care utilization and cost.¹

Smoking and Cardiovascular Disease

- Smokers are at greater risk for diseases that affect the heart and blood vessels (cardiovascular disease).^{1,2}
- Smoking causes stroke and coronary heart disease—the leading causes of death in the United States.¹
- Even people who smoke fewer than five cigarettes a day can have early signs of cardiovascular disease.¹
- Smoking damages blood vessels and can make them thicken and grow narrower. This makes your heart beat faster and your blood pressure go up. Clots can also form.^{1,2}
- A heart attack occurs when a clot blocks the blood flow to your heart. When this happens, your heart cannot get enough oxygen. This damages the heart muscle, and part of the heart muscle can die.^{1,2}
- A stroke occurs when a clot blocks the blood flow to part of your brain or when a blood vessel in or around your brain bursts.^{1,2}
- Blockages caused by smoking can also reduce blood flow to your legs and skin.^{1,2}

Smoking and Respiratory Disease

- Smoking can cause lung disease by damaging your airways and the small air sacs (alveoli) found in your lungs.^{1,2}
- Lung diseases caused by smoking include COPD, which includes emphysema and chronic bronchitis.^{1,2}
- Cigarette smoking causes most cases of lung cancer.^{1,2}
- If you have asthma, tobacco smoke can trigger an attack or make an attack worse.^{1,2}
- Smokers are 12 to 13 times more likely to die from COPD than nonsmokers.¹

Consequences of Smoking

Smoking and Cancer

- Smoking can cause cancer almost anywhere in your body.^{1,2}
 - ◇ Bladder
 - ◇ Blood (acute myeloid leukemia)
 - ◇ Cervix
 - ◇ Colon and rectum (colorectal)
 - ◇ Esophagus
 - ◇ Kidney and ureter
 - ◇ Larynx
 - ◇ Liver
 - ◇ Oropharynx (includes parts of the throat, tongue, soft palate, and the tonsils)
 - ◇ Pancreas
 - ◇ Stomach
 - ◇ Trachea, bronchus, and lung
- If nobody smoked, one of every three cancer deaths in the United States would not happen.^{1,2} Smoking increases the risk of dying from cancer and other diseases in cancer patients and survivors.¹

Smoking and Other Health Risks

- Smoking harms nearly every organ of the body and affects a person's overall health.^{1,2}
- Smoking can make it harder for a woman to become pregnant and can affect her baby's health before and after birth. Smoking increases risks for:^{1,2,5}
 - ◇ Preterm (early) delivery
 - ◇ Stillbirth (death of the baby before birth)
 - ◇ Low birth weight
 - ◇ Sudden infant death syndrome (known as SIDS or crib death)
 - ◇ Ectopic pregnancy
 - ◇ Orofacial clefts in infants
- Smoking can also affect men's sperm, which can reduce fertility and also increase risks for birth defects and miscarriage (loss of the pregnancy).²
- Smoking can affect bone health.^{1,5}
- Women past childbearing years who smoke have lower bone density (weaker bones) than women who never smoked and are at greater risk for broken bones.
- Smoking affects the health of your teeth and gums and can cause tooth loss.¹
- Smoking can increase your risk for cataracts (clouding of the eye's lens that makes it hard for you to see) and age-related macular degeneration (damage to a small spot near the center of the retina, the part of the eye needed for central vision).¹
- Smoking is a cause of type 2 diabetes mellitus and can make it harder to control. The risk of developing diabetes is 30–40% higher for active smokers than nonsmokers.^{1,2}
- Smoking causes general adverse effects on the body. It can cause inflammation and adverse effects on immune function.¹
- Smoking is a cause of rheumatoid arthritis.¹

Quitting and Reduced Risks

- Smoking can cause cancer almost anywhere in your body.^{1,2}
- Quitting smoking cuts cardiovascular risks. Just 1 year after quitting smoking, your risk for a heart attack drops sharply.²
- Within 2 to 5 years after quitting smoking, your risk for stroke could fall to about the same as a nonsmoker's.²
- If you quit smoking, your risks for cancers of the mouth, throat, esophagus, and bladder drop by half within 5 years.²
- Ten years after you quit smoking, your risk for lung cancer drops by half.²

References & Resources

References

1. U.S. Department of Health and Human Services. [The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General](#). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014 [accessed 2014 Feb 6].
2. U.S. Department of Health and Human Services. [How Tobacco Smoke Causes Disease: What It Means to You](#). Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010 [accessed 2014 Feb 6].
3. Centers for Disease Control and Prevention. [QuickStats: Number of Deaths from 10 Leading Causes—National Vital Statistics System, United States, 2010](#). Morbidity and Mortality Weekly Report 2013;62(08);155. [accessed 2014 Feb 6].
4. Mokdad AH, Marks JS, Stroup DF, Gerberding JL. [Actual Causes of Death in the United States](#). *JAMA: Journal of the American Medical Association* 2004;291(10):1238–45 [cited 2014 Feb 6].
5. U.S. Department of Health and Human Services. [Women and Smoking: A Report of the Surgeon General](#). Rockville (MD): U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General, 2001 [accessed 2014 Feb 6].
6. U.S. Department of Health and Human Services. [Reducing the Health Consequences of Smoking: 25 Years of Progress. A Report of the Surgeon General](#) . Rockville (MD): U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 1989 [accessed 2014 Feb 6].

Resources

- <http://smokefree.gov/>
- http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/QuittingResources/Resources-for-Quitting-Smoking_UCM_307934_Article.jsp
- http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm
- <http://www.lung.org/stop-smoking/how-to-quit/>
- <http://www.quitnet.com/library/>
- [Permian Basin Regional Council on Alcohol and Drug Abuse](#)