

Press Release

March 16, 2020 FOR IMMEDIATE RELEASE

CONTACT:

Dr. Sharon Harris: 516- 676-2008

safeglencove@yahoo.com

SAFE Glen Cove Coalition: American Lung Association-What it Means to be “Nic-Sick”

According to the American Lung Association, Nicotine is one of the most addictive drugs around, and new studies suggest an overdose can have deadly consequences.

There are over 3,000 chemicals hidden in tobacco products that make them harmful, including at least 69 that are believed to cause cancer. But many people underestimate a sneakier threat, the chemical found in tobacco leaves that keeps users coming back for more—nicotine. The more nicotine present in a tobacco product, the more addictive it is, and when it comes to e-cigarettes and vaping, the risk is high. That's because nearly all (more than 99%) e-cigarettes contain nicotine, and some brands (such as Juul) contain an excessive amount. All nicotine is addictive, but high levels of nicotine can not only create a stronger addiction but also cause your body to overdose on the drug. Even more concerning: most kids don't know Juul contains nicotine at all. Nearly 2 out of 3 youth current Juul users incorrectly thought the product did not always contain nicotine.

The news has recently reported a new "sickness" caused by nicotine overdosing. "'Nic-sick,' as it's being called, refers to non-specific symptoms of exposure to nicotine, especially if it is above someone's tolerance," said Panagis Galiatsatos, M.D., MHS, medical spokesperson for the American Lung Association and assistant professor at Johns Hopkins School of Medicine explained. "Nicotine poisoning occurs when nicotine begins to exhibit more dire toxic effects on an individual."

The Centers for Disease Control and Prevention (CDC) warns that 50 to 60 milligrams of nicotine is a deadly dose for an adult who weighs about 150 pounds. Traditionally, someone who smoked would absorb around 1 milligram of nicotine per cigarette. This is why overdosing, while a threat to children who may accidentally eat a cigarette butt, was less common in adults.

According to the American Lung Association, Vaping, however, has changed the playing field. Juul claims that one of its pods contains as much nicotine as a whole pack of cigarettes, though this may vary because without oversight there is nothing stopping Juul or any other manufacturer from increasing nicotine levels.

There are a number of symptoms to watch for if you are worried about a possible nicotine overdose (Nic-Sick). Within the first 15 minutes to an hour of being exposed, symptoms would create a stimulating effect such as: Nausea or vomiting; Stomachache and loss of appetite; Increased heart rate and blood

pressure; Headache; Mouth watering; Quick, heavy breathing; Dizziness or tremors; Confusion and anxiety. Within 30 minutes to up to four hours later, symptoms shift and include: Diarrhea; Shallow breathing; Slower heartbeat and blood pressure; Extreme fatigue; Weakness, slow reflexes, or unable to control muscles; Pale skin.

The Lung Association advises a hospital visit if symptoms progress to include seizures, respiratory failure, cardiac arrest, breathing difficulties or even coma. Additionally, if any symptoms suggest that you may be suffering from a pulmonary-related illness linked to vaping, you should contact your doctor immediately.

Nicotine poisoning transpire from ingesting liquid nicotine and is even worse as it is poisonous and can be fatal. So, if you or someone you know is experiencing nicotine poisoning, it is important to seek medical attention immediately. In 2010, the instances of nicotine poisoning were only about 1 a month, according to research done by the CDC. But with the introduction of e-cigarettes, those numbers have skyrocketed to over 200 a month, according to the American Association for Poison Control. In 2014, a toddler died from accidental liquid nicotine poisoning.

Treatment will depend on how much nicotine has been ingested, but doctors commonly use activated charcoal to bind the nicotine in the stomach and take it out of the body. Other medications may be administered to manage blood pressure, heart rate and seizures. Patients having difficulty breathing may require a ventilator.

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease, through research, education and advocacy. To learn more about the current cluster of pulmonary-related illnesses linked to vaping please visit www.lung.org.

The Centers for Disease Control and Prevention (CDC) is a federal agency that conducts and supports health promotion, prevention and preparedness activities in the United States, with the goal of improving overall public health. To learn more about the CDC please visit www.cdc.gov.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention and education agency in the City of Glen Cove. Its Coalition is concerned about vaping and seeks to educate and update the community regarding its negative consequences. To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit the Vaping Facts and Myths Page of SAFE's website to learn more about how it's detrimental to your health www.safeglencove.org.