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FOR IMMEDIATE RELEASE

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SAFE Glen Cove and Tobacco Action Coalition of LI: Vaping Spikes Risk of High Blood Sugar and Diabetes

According to a recent study conducted at John Hopkins, one of America's leading medical research universities, results serve as a serious wake-up call for e-cigarette smokers. It was found that frequent vaping can increase a person's risk of developing high blood sugar — which is referred to as prediabetes . The condition is reversible, but often leads to full-blown type 2 diabetes and a host of serious health problems later in life.

A clear association of prediabetes risk with the use of e-cigarettes was found. With both e-cigarette use and prevalence of prediabetes dramatically on the rise in the past decade, the research findings show that e-cigarettes carry a similar risk to traditional cigarettes with respect to diabetes and this is very important for understanding and treating vulnerable individuals.

In the past, the trendy e-cigarettes have been linked to more than 200 health issues, including brittle bones, and even eating disorders. Researchers found that those who vape are 22% more likely to develop prediabetes than those who had never vaped. Meanwhile, traditional cigarette users were 40% more likely to suffer from the condition. While prediabetes is reversible, it is a precursor to type 2 diabetes, a chronic condition that can lead to heart disease, stroke, kidney failure and other serious complications. Researchers discovered the latest troubling link after analyzing the health data of more than 600,000 people across the US — more than 9% of whom were current e-cig users with self-reported prediabetes diagnoses.

In the case of cigarette smoking, nicotine has a detrimental effect on insulin action, and it appears that e-cigarettes may also have the same effect said researchers, adding that participants who vaped were found to have worse mental and physical health than nonsmokers. The link between electronic tobacco dispensers and prediabetes is still unclear. However, nicotine — which is found in both e-cigarettes and traditional cancer sticks — is known to spike blood sugar levels. And, while prediabetes is reversible, it is still a precursor to type 2 diabetes. Many Scientists and other health experts have blamed vape purveyors for targeting minors.

Researchers found the correlation particularly alarming as “e-cigarettes, which come in a Willy Wonka-esque range of flavors, ranging from green tea to strawberry kiwi, have been promoted by UK public health officials as a better alternative to the nonelectronic version. “We were surprised by the findings associating prediabetes with e-cigarettes because they are touted as a safer alternative, which we now know is not the case,” This is problematic as “both e-cigarette use and prevalence of prediabetes” has seriously spiked since 2012. Efforts for smoking cessation has led to a decrease in smoking traditional cigarettes. With this information, it's public health efforts need to be targeted to promoting the cessation of e-cigarettes.

For help Quitting contact the American Lung Association- Lung Helpline at: 800-Lung-USA or the N.Y. State Smokers' Quitline at 866-NY-QUITS (866-697-8487).

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 tobacco use and vaping seeking to educate and update the community regarding its negative consequences in collaboration with Carol Meschkow, Manager- Tobacco Action Coalition of Long Island. To learn more about the SAFE Glen Cove Coalition please follow us on [ww.facebook.com/safeglencovecoalition](https://www.facebook.com/safeglencovecoalition) or visit the Vaping Facts and Myths Page of SAFE's website to learn more about how vaping is detrimental to your health www.safeglencove.org.