

FOR IMMEDIATE RELEASE

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### **SAFE Glen Cove Coalition: Popcorn Lung is a Dangerous Risk of Flavored E-Cigarettes**

Harvard Researchers studying Popcorn Lung found diacetyl, an extremely dangerous chemical in e-liquid. Over a decade ago, workers in a microwave popcorn factory were sickened by breathing in diacetyl—the buttery-flavored chemical in foods like popcorn, caramel, and dairy products. While this flavoring may be tasty, it was linked to deaths and hundreds of cases of bronchitis, a serious and irreversible lung disease. As a result, the major popcorn manufacturers removed the chemical from their products, but people are still being exposed to diacetyl. Not through food flavorings as a worksite hazard, but through e-cigarette vapor. The National Institute for Occupational Safety and Health also studied the effects of diacetyl exposure at six microwave popcorn plants. The researchers found the same link between long-term exposure and lung damage.

When inhaled, diacetyl causes bronchiolitis obliterans - more commonly referred to as "popcorn lung" - a scarring of the tiny air sacs in the lungs resulting in the thickening and narrowing of the airways. While the name "popcorn lung" may not sound like a threat, it's a serious lung disease that causes coughing, wheezing and shortness of breath, etc.

Even though it is known that diacetyl causes Popcorn Lung, this chemical is found in many e-cigarette flavors. It is added to "e-juice" liquid by some e-cigarette companies to complement flavorings such as vanilla, maple, coconut and more. While diacetyl was swiftly removed from popcorn products since it could cause this devastating disease among factory workers, e-cigarette users are now directly inhaling this harmful chemical into their lungs. Researchers at Harvard found that 39 of 51 e-cigarette brands contained diacetyl. The data also revealed two similarly harmful chemicals—2,3 pentanedione and acetoin—present in 23 and 46 of the 51 flavors it tested. And roughly 92 percent of the e-cigarettes had one of the three chemicals present.

According to the American Lung Association (ALA) many Americans are unknowingly inhaling chemicals that can cause traumatic respiratory harm. Unfortunately, the Food and Drug Administration (FDA) announced in July 2017 that it would delay until 2022 the requirement that e-cigarette companies submit their products, including all ingredients for review. In the meantime, these products will remain on the market until the FDA begins to enforce the provisions.

ALA Association believes with the alarming popularity of e-cigarettes among today's youth it's imperative that the FDA act quickly to require that diacetyl and other harmful and other chemicals be removed from e-cigarettes.

When you are ready to quit tobacco and beat a Nicotine Addiction the American Lung Association can help. You may visit their website at: [www.americanlung.org](http://www.americanlung.org). The Association says “the only thing that should go into your lungs is clean air, so if you’re inhaling anything, it could potentially be toxic to your lungs!!

The New York State Smokers' Quitline assists thousands of New Yorkers every year in their attempts to break free from smoking and other tobacco and the service is free and confidential. Call 1-866-NYQUITS (1-866-697-8487) or visit them at: <https://www.nysmokefree.com/>.for Quit Help.

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](http://www.safeglencove.org).