

FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition-Popcorn Lung is Condition that is Not to Be Taken Lightly

According to researchers at Johns Hopkins University, “Popcorn lung” is another name for bronchiolitis obliterans (BO), a rare condition that results from damage of the lungs’ small airways. The condition was first named after a group of microwave popcorn factory workers who developed the condition after breathing in a chemical called diacetyl, which was used as butter flavoring in popcorn. However, bronchiolitis obliterans can also be caused by several different things that damage the lungs, including drug reactions, viral infections, and respiratory diseases such as pneumonia. Other chemicals that have the potential to cause Popcorn Lung include chlorine and ammonia, etc.

In vaping, Diacetyl is frequently added to flavored e-liquid to enhance the taste. Inhaling diacetyl causes inflammation and may lead to permanent scarring in the smallest branches of the airways — Popcorn Lung — which makes breathing difficult. Popcorn Lung has no lasting treatment. Unfortunately, a recent exponential rise in the rates of those aged 18 and under has been documented.

Roughly 35 million Americans vape. This translates to 1 in 20 Americans vaping. Per the National Institute on Drug Abuse (NIDA), vaping statistics of youth indicate e-cigarette use has increased by 1,800%. Disturbingly, more than 30% of teens who start using e-cigarettes began smoking traditional tobacco products within six months. Young people in the U.S. are four times more likely to try cigarettes and three times more likely to smoke regularly if they’ve already used vaping products. The Centers for Disease Control and Prevention (CDC) released a recent report showing that 3.7 % of American adults used electronic cigarettes or vapor products on a regular basis. That figure represents more than 9 million adult consumers according to the U.S. Census Bureau.

Alarmingly, vaping is also becoming a popular habit among those who’ve never smoked before. While vaping is thought to be considered a safer option by some than tobacco smoking, there’s a multitude of conflicting misleading information available including its connection to popcorn lung and the assertion that vaping is a safe alternative.

Symptoms of Popcorn Lung are said to be similar to Chronic Obstructive Pulmonary Disease (COPD), occurring around two to eight weeks after exposure to harmful chemicals or illness. Common indicators include difficulty breathing and a persistent, progressive, and dry cough. According to the American Lung Association, other parts of the body may experience irritation too such as skin rash. Many find that, once symptoms show up, they occur regularly and worsen over time making Popcorn Lung a serious lung condition that requires lifelong management.

For help Quitting smoking or vaping or to help a loved beat a Nicotine Addiction please visit the American Lung Association on their Website at: www.americanlung.org. “The American Lung 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. The Coalition is concerned about all combustible and electronic products with marijuana and tobacco. The Agency is employing environmental strategies to educate and update the community regarding the 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 www.facebook.com/safeglencovecoalition or to learn more about electronic products 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.