“Lung Cancer Decreases as Vaping Increases”--
A dialogue that engaged…

On January 11, 2014 that headline captured the attention of many worldwide, from Vapers to non-smokers to politicians and regulators. They say there is no such thing as bad publicity and this particular story engaged a broad spectrum and came up with some compelling and interesting comments.

The following is the complete report by Deborah Baran with Liberty Voice, and here is the original post: http://guardianlv.com/2014/01/lung-cancer-decreases-as-vaping-increases/:

“Lung cancer cases have been decreasing while vaping, which is inhaling nicotine vapor from an e-cigarette or vape pen, has increased. Fifty years ago this month, the Surgeon General announced evidence existed that smoking was linked to lung cancer. The evil cancer villain has been lurking in the shadows, terrorizing the nation as millions of smokers light up. Anyone enjoying an episode of Mad Men will be shocked at the amount of cigarettes the actors go through in one scene alone.

Fifty years ago, smoking was boasted as a symbol of power, confidence and allure with just a hint of sex appeal. Cigarettes were pushed in magazines, billboards, newspapers and commercials displaying young children assisting a parent to light up a smoke. However, when the Surgeon General’s 1964 report came out denouncing cigarettes as a health hazard, anti-tobacco efforts were organized to hinder people’s ability to smoke, such as higher taxes on tobacco, nonsmoking areas and funding for stop smoking programs.

According to recent studies reported in the Journal of the American Medical Association, antismoking campaigns have saved as much as 8 million lives over the last 50 years. Smoking has been decreased by 58 percent, hovering at 18 percent, and life expectancy has increased by 1.5 years for women and 2 years for men. While the lung cancer rates have decreased, vaping has increased.

Vaping

New smoking alternatives have flooded the market, like e-cigarettes, and gaining popularity by leaps and bounds. Many believe tobacco-free alternative cigarettes are beneficial to public health
by completely eliminating second hand smoke and aiding in the decrease in lung cancer. Some smoke-free areas permit e-cigarettes and vape pens and have increased vaping.

Vaporium have sprung up across the country. Henley Vaporium recently opened in SoHo and has become a popular place for those interested in vaping. Vapologists guide customers through the multitude of gadgets and liquid nicotine, referred to as e-flavor, which number upwards of 100 flavors like blueberry, butterscotch, vanilla and caramel.

Electronic cigarettes contain a sensor-activated battery. When a person inhales, or pushes a button on some models, an element heats up and vaporizes the e-liquid nicotine located in a cartridge which emits a mist, or vapor. Disposable e-cigarettes start at $10 while vape pens can run $250, but can be found for much less.

E-cigarettes have also been a stepping stone for helping people to quit smoking, especially now when New Year’s resolutions are still fresh in mind. Henley co-founder Talia Eisenberg battled OxyContin and Vicodin addiction for many years, finally overcoming the drugs only to find she couldn’t quit smoking. Nothing worked; nicotine gum, patches, Chantix and cold turkey were unable to help her kick the habit. Then she picked up an e-cigarette; within a few weeks, she kicked the habit for good.

Eisenberg, along with her co-founder, Peter Denholtz, traveled to Shenzhen, China to develop the first Henley e-cigarette. The new Henley design contains an enhanced battery and chip, giving it a better draw and more cigarette-like features: more vapor, more style.

The results have been overwhelming; several Henley Vaporiums have opened across New York. Eisenberg views this as a viable option for smokers with less health risk to both smokers and non-smokers alike. The vapor is much less toxic than drawing chemical-laden tobacco smoke into the lungs.

While many vape pen users agree with Eisenberg, no long-term studies have been done on the use of e-cigarettes to determine just how harmful they may be.

American Lung Association spokesperson Dr. Mike Feinstein expressed his concerns about the safety of the e-cigarettes, stating people are inhaling a chemical vapor into their lungs without realizing what is in it. Dr. Robert Greene, a physician at the Palm Beach Cancer Institute also expressed his concerns about a potential health hazard in the making. Greene emphasized the fact that no real information exists about the long-term effects of liquid nicotine since the product has only been around for three years.

Researchers do not know exactly what’s inside of vape pens and e-cigarettes, but when the Food and Drug Administration (FDA) examined a sample, toxic chemicals were found including diethylene glycol the main ingredient in antifreeze.
The FDA is assembling regulations regarding the use of vape pens and they should be out later this year. No matter what the FDA decides about the future of vape pens, facts cannot be denied. Lung cancer has decreased as vaping increased.”

The question of “safety” is controversial, as are health claims in either direction, but I do believe that in time, with studies done, the incidence of cancer will decrease as the use of e-cigs and vaping increases. This article reaches a quick conclusion, but it did generate some interesting feedback

The reason I wrote this Special Report is that we believe the article is more true than not, but too early to reach solid conclusions and a little ahead of it’s time.

Below are some of the comments that came from the article:

30 years of smoking 40 Benson and Hedges (gold) every day, started putting some heavy strain on my health, I couldn’t breathe properly, I couldn’t walk the stairs, I couldn’t sleep and when I did I would stop breathing in my sleep and then jump back into life, not only worrying for me but my wife too, I knew smoking was bad just like every person does out there, I tried everything to quit every NRT product known I even went down the route of hypnotism, nothing worked until I spotted an E-cigarette in a chemist, I have not had a puff on a real cigarette since that day nearly a year ago,

My health has transformed to a point that its hard to believe I m the same person, I can sleep again I no longer stop breathing whilst doing so, I can now run up and down the stairs, I can taste my food My house and I no longer stink of stale tobacco and on my last visit to my GP he suggested my body has transformed amazingly.

The amazing thing here is I’m not alone there are many thousands going through the same health improvements as I ‘am,

There are enough genuine reports out there to suggest most of the bad press is hype certain industries are feeling a large pinch in the pocket and that is causing a ripple as far up as Governments.

If people are going to ban things and badmouth them do it for the right reason if there is one and don’t make things up.

i smoked for over 20 years so i am guaranteed to get emphysema .
i now vape and it may be around a lot longer.
i can walk faster and do stairs without gasping for air.
if u are going to smoke or just can not quit vaping is 100% better and safer than smoking tobacco. vaping nicotine has 2 chemicals in it and tobacco has over 40 known cancer causing chemicals …not hard to see vaping is better
“Researchers do not know exactly what’s inside of vape pens and e-cigarettes, but when the Food and Drug Administration (FDA) examined a sample, toxic chemicals were found including diethylene glycol the main ingredient in antifreeze.”

This is on one hand untrue, ingredients of the juice is well known and proven safe, and on the other, the discovery of toxic chemicals was an old and out of date study that has since been superseded.

Lung Cancer cases are falling, smokers are giving up the evil weed in greater and unheard of numbers than ever before (including me) and unless it is your business ie NRT or Tobacco being threatened these devises are nothing but good news.

Doctors and other health professionals are backing the personal vaping devise in ever increasing numbers. Overall not a bad article, just spoiled by the attempt at balance based on bad research.

This is great to hear. I have been Vaping now for over 3 years and have never felt better. I was able to quit my 2 pack a day, 30+ year Cigarette habit with my first Vape and never looked back. I find that if you are lucky and find an ecig flavor that tastes great, you will make the switch faster and easier.

They claim you don’t know what’s in ejuice, but what about all the horrible additives &chemicals in actual cigarettes? Why don’t they regulate those? If they’re going to regulate ejuice, they need to regulate what goes into the end product of actual cigarettes as well. Can’t demonize 1 if the other is a million times worse. I’m a believer in vaping. I’ve seen many people quit smoking &enjoy the benefit of better overall health. Big improvement &step for the people.. you have to remember, its all about money in government & big tobacco & pharma. This vaping is significantly damaging their business. Of course they’re going to try &slander it. Use your brains. Its common sense what seems to be the lesser of 2 evils.

Where do we go with this information? Comments? Please send responses to norm@VapeMentorS.com.