

# American Council on Science and Health Announces 5 Vaping Guidelines for Public Health



By Erik Lief — September 12, 2019



## FOR IMMEDIATE RELEASE

**NEW YORK, N.Y.** – In the midst of a growing, national concern over vaping devices and hundreds of health problems across the country reportedly associated with them, there is an urgent need for public health guidance.

Americans are looking for answers on this important issue, and most importantly to avoid getting sick themselves.

That is why the American Council on Science and Health, a leading pro-science consumer advocacy organization founded in 1978, has developed 5 sensible vaping guidelines for public safety.

1. If a tobacco smoker is unable to quit, switching to vaping is a good health decision. The most important reason is that while nicotine is addictive, it is the combustion products of tobacco that cause the most serious harmful effects of smoking. (Vaping produces fewer of these substances.)
2. Non-smokers **should not** begin vaping for recreational use.
3. Vaping products should be thought of as medical devices meant to help smokers quit.
4. Those who vape **should never add any substance** to a vaping device, consuming only the substance provided by the manufacturer.

5. Policies to prevent minors from acquiring vaping devices must be immediately and vigorously implemented.

Over the last several weeks, ACSH has produced 3 articles, below, on the vaping controversy, partly in response to erroneous media reports blaming vaping for causing a range of serious illnesses, even death. While there may be some truth to this, the reality is more complex.

### [Everything Goes To Pot: Myths Are Driving FDA, CDC Vaping Policy](#) <sup>[1]</sup>

– Dr. Alex Berezow explains that the current evidence appears to link the respiratory illnesses to improper use of vaping devices.

### [Can Chemistry Explain 'Vaping Lung?'](#) <sup>[2]</sup>

– Dr. Josh Bloom says that the chemicals in marijuana and CBD oil are not soluble in water, nor are the chemicals, such as vitamin E, sometimes added to solubilize them. When heated with water inside the vaping device these oils become volatile and droplets can be deposited in the lungs, which can lead to serious health problems.

### [JUUL Blamed For Collapsed Lung](#) <sup>[3]</sup>

– Dr. Charles Dinerstein explains that a teenager’s collapsed lung is **unlikely** to be the result of vaping. The more reasonable diagnosis is known as “spontaneous pneumothorax,” in which a small preexisting “bubble” inside the lung ruptures.

It is important to understand that vaping devices, such as e-cigarettes, are a very important tool for harm reduction. Research has shown that vaping really does help smokers quit. That is why a rush to ban or limit access to them is misguided policy, which may cause even more harm.

The Council, founded by scientists, began with a singular focus: to publicly support evidence-based science and medicine, while helping consumers, journalists, and policymakers see past scaremongering and activist groups attempting to discredit GMOs, vaccines, conventional agriculture, nuclear power, natural gas, and chemicals proven to be safe and effective.

The Council is not a trade association, nor does it represent any industry.

For questions or to arrange an interview with our health, medical and scientific experts, please contact Erik Lief, Director of Communications, at [lief@acsh.org](mailto:lief@acsh.org) <sup>[4]</sup> or call 212-362-7044.

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[1] <https://www.acsh.org/news/2019/09/10/everything-goes-pot-myths-are-driving-fda-cdc-vaping-policy-14278>

[2] <https://www.acsh.org/news/2019/09/10/can-chemistry-explain-vaping-lung-14277>

[3] <https://www.acsh.org/news/2019/08/14/juul-blamed-collapsed-lung-14222>

[4] <mailto:liefel@acsh.org>