



STUDY: E-CIG LIQUID INCREASES RISK OF INFECTIONS

Researchers say whether it has nicotine or not, liquid used in e-cigs is a health risk

National Jewish Health

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| SUGGESTED TEASE | STILL TO COME, MANY ASSUME THEY ARE SAFER THAN SMOKING REAL CIGARETTES, BUT A NEW STUDY IS EXPOSING SOME OF THE HIDDEN DANGERS IN E-CIGARETTES. DETAILS NEXT IN HEALTH NEWS. |
| ANCHOR LEAD | IF YOU'RE ONE OF THE MILLIONS OF PEOPLE WHO WILL MAKE A NEW YEAR'S RESOLUTION TO QUIT SMOKING IN 2015, YOU MIGHT WANT TO THINK TWICE ABOUT USING E-CIGARETTES TO HELP YOU QUIT. A NEW STUDY IS OUT, THAT SHOWS THE MORE YOU USE E-CIGARETTES, THE HIGHER YOUR RISK OF RESPIRATORY INFECTIONS. ¹ CLARK POWELL HAS DETAILS. |
| | (Nats - Paula using e-cigarette) :02 |
| CG: Courtesy: National Jewish Health Shots of Paula using e-cigarette | IN AN EFFORT TO HELP HER QUIT SMOKING PAULA BROWN STARTED USING AN E-CIGARETTE. SHE'D USED TOBACCO FOR DECADES AND WAS BECOMING INCREASINGLY AWARE OF THE NEGATIVE SIDE EFFECTS. :09 |
| CG: Paula Brown Uses e-cigarettes :09 - :15 | "Probably the worst side effect that I had from smoking was the heaviness in your chest and taste and smell." :06 |
| Shot of Paula using e-cigarette Close up of adult exhaling vapor Shot of researcher walking to bench Close up of liquid | WHILE THE E-CIGARETTE HAS KEPT PAULA AWAY FROM TOBACCO, EXPERTS SAY THERE ARE DANGERS IN E-CIGARETTES THAT ARE JUST NOW COMING TO LIGHT. IN A RECENT STUDY, RESEARCHERS AT NATIONAL JEWISH HEALTH IN DENVER TESTED THE LIQUID USED IN E-CIGARETTES - SOMETIMES CALLED E-LIQUID - AND NOTICED JUST HOW QUICKLY HUMAN CELLS WERE DAMAGED BY IT. :19 |
| CG: Hong Wei Chu, MD National Jewish Health :34 - :40 | "You add the, you know, the e-liquid to the cells, it increased the levels of viral infection inside the cells." :06 |
| Shots of Dr. Chu with colleague | DOCTOR HONG WEI CHU (<i>pronounced: HONG WAY CHOO</i>) LED THE STUDY. USING THIS DEVICE, HIS TEAM PUT CELLS |

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| <p>Shot of device / e-cig lighting up</p> <p>Wide shot of lab - blur for graphic</p> <p>After just 10 minutes of exposure..</p> <ul style="list-style-type: none"> -The cells were damaged -Damage lasted 24 hours or longer -Risk of infection went up substantially <p>Shot of researcher/cig with no nicotine</p> <p>Shots of young people vaping</p> | <p>FROM THE AIRWAYS OF YOUNG, HEALTHY NON-SMOKERS IN ONE END, AND IN THE OTHER, THEY PUT AN E-CIGARETTE.</p> <p>THEY FOUND AFTER JUST TEN MINUTES OF EXPOSURE, THE CELLS WERE DAMAGED, THE DAMAGE LASTED 24 HOURS OR LONGER - AND THE RISK OF RESPIRATORY INFECTION INCREASED SUBSTANTIALLY.¹</p> <p>WHAT'S EVEN MORE TROUBLING, IS THAT IT DIDN'T MATTER IF THE LIQUID CONTAINED NICOTINE OR NOT - THE LIQUID ITSELF DID THE DAMAGE.</p> <p>SOMETHING EXPERTS WORRY ABOUT - GIVEN HOW SOME PRODUCTS ARE FLAVORED AND ACTUALLY MARKETED TO TEENAGERS. :33</p> |
| <p>CG: David Tinkelman, MD National Jewish Health 1:13 - 1:23</p> | <p>“When you flavor them in that way not only are they appealing, but, falsely, the user sees them as ‘Oh, no big deal. They’re not bad for me.’” :10</p> |
| <p>Shots of Paula vaping</p> <p>Shots of younger people exhaling vapor</p> | <p>BUT THERE IS MOUNTING EVIDENCE THEY CAN BE BAD FOR YOU - REGARDLESS OF WHY YOU USE THEM OR HOW OLD YOU ARE.</p> <p>AT NATIONAL JEWISH HEALTH IN DENVER, THIS IS CLARK POWELL REPORTING. :09</p> |
| <p>ANCHOR TAG</p> | <p>THE USE OF E-CIGARETTES HAS SHOT UP MORE THAN 620-PERCENT SINCE 2010.² TODAY MORE THAN 40-MILLION ADULTS IN THE U-S HAVE TRIED THEM.</p> <p>WHILE SOME EXPERTS THINK THEY MAY BE A SAFER ALTERNATIVE TO TOBACCO, MOST INSIST WE NEED TO DO MORE RESEARCH TO FULLY UNDERSTAND THE IMPACT THEY HAVE ON THE BODY.</p> |
| <p> Share it! Suggested tweet:</p> | <p>Researchers @NJHealth link the liquid used in e-cigs to a higher risk of infections. Details here: bit.ly/1zp7yNT</p> |
| <p> Suggested post:</p> | <p>More than 40 million adults in the U.S. have used an e-cigarette, an increase of more than 620% since 2010. Many use e-cigarettes to help them stop smoking and assume they are a safe alternative to tobacco, but new research is uncovering some hidden dangers in e-cigarettes. Scientists at National Jewish Health have found that the liquid used in e-cigarettes - whether it contains nicotine or not - is linked to a higher risk of respiratory infections. To learn more, click here: bit.ly/1zp7yNT</p> |
| <p>References -</p> | <p>¹<i>Electronic Cigarette Liquid Increases Inflammation and Virus Infection in Primary Human Airway Epithelial Cells</i>, Public Library of Science, PLOS One, Volume 9, Number 9, September 2014. Online: http://www.plosone.org/article/info%3Adoi%2F10.1371%2Fjournal.pone.0108342</p> <p>²<i>Trends in Electronic Cigarette Use Among U.S. Adults: Use is Increasing in Both Smokers and Nonsmokers</i>, Nicotine and</p> |

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| | Tobacco Research , November 2014. Online: http://ntr.oxfordjournals.org/content/early/2014/11/06/ntr.ntu213.abstract |
| | Extra Bites |
| CG: Hong Wei Chu, MD National Jewish Health | <i>Dr. Chu talks about the lack of federal regulations in e-cigarettes -</i> “There’s no standard to control how much liquid is to be put into these, the e-liquid. And I think it’s very dangerous, you know, to use it especially for long-term consumption.” :12 |
| CG: David Tinkelman, MD National Jewish Health | <i>Dr. Tinkelman talks about the need for more research on e-cigs -</i> “In the last 4 or 5 years, it’s exploded. And what’s exploded is really the marketing efforts to get those products out onto the market. Unfortunately, the science behind them has not exploded at the same time.” :14 |
| CG: Paula Brown Uses e-cigarettes | <i>Paula talks about her motivation to quit using tobacco -</i> “Well, I probably smoked for about 20 years, and I’ve obviously, you know, always my kids wanted me to quit smoking.” :07 |
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