

PATIENT EDUCATION | **INFORMATION SERIES**

ATS Health Alert— Vaping-associated Pulmonary Illness (VAPI)

Using electronic cigarettes, also called vaping or juuling, can be dangerous. There are many risks associated with vaping, regardless of which vaping device or e-liquid you use. There are many different nicotine, THC and CBD solutions of various concentrations, plus added chemicals and/or flavors, and none have been established as safe to bring into your lungs.



Recently, healthcare providers have seen a growing number of health concerns associated with vaping, including very serious lung problems. These problems are called “Vaping Associated Pulmonary Illness (VAPI)” or Vape Lung. In fact, as of October 3rd, 2019, 1080 cases have been reported and eighteen people have likely died from VAPI, while others have become very sick, and required treatment in the intensive care unit (ICU) to recover. VAPI has been reported with use of nicotine, tetrahydrocannabinol (THC) and cannabidiol (CBD) products. Yet, the cause of vape lung is still not known and is being actively investigated.

Symptoms of Vape Lung include:

- Shortness of Breath
- Fever
- Cough
- Vomiting
- Diarrhea
- Headache
- Dizziness
- Chest pain



If you vape and have any of these symptoms contact your healthcare provider.

Key Points about Vaping

- Avoid use of electronic (e)-cigarettes
- Always keep all e-cigarette devices, including concentrated nicotine, THC and CBC solutions out of reach of children
- If you are trying to stop smoking or vaping, talk with your healthcare provider about safe and effective medicines to treat nicotine addiction and to help you to feel comfortable when not smoking/vaping or using tobacco
- For additional help in stopping smoking or vaping, join a local support group, call QUITNOW or visit the Truth Initiative Website at <https://truthinitiative.org/research-resources/quitting-smoking-vaping/quitting-e-cigarettes>

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