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Chat URL:	https://www.cancer.org/myacs/eastern/areahighlights/cancernyj-news-ny-ecig-health-vote
Referer URL:	https://www.cancer.org/myacs/eastern/areahighlights/cancernyj-news-ny-ecig-health-vote
Name:	Ray Yeates
Email:	imbabyblues@hotmail.com
Phone:	
Initial Question:	

Chat Transcript	
03:28:46 PM	[TJ] Hello, thank you for contacting the American Cancer Society. My name is TJ, how can I help you today?
03:29:47 PM	[Ray Yeates] Hello... I'm inquiring about electronic cigarettes and COPD in relation to them
03:30:07 PM	[Ray Yeates] Can you help me with any generalized info ?
03:30:57 PM	[TJ] Thanks for using us as a resource, Ray. Are you wondering about a possible link between e-cigarettes and COPD, or wondering about the safety of using e-cigarettes for someone who has COPD?
03:31:12 PM	[Ray Yeates] Are you a doctor or nurse ???
03:31:25 PM	[Ray Yeates] The safety mainly
03:31:47 PM	[Ray Yeates] I have COPD also
03:31:58 PM	[TJ] I am a Cancer Information Specialist, but I am not a medical professional. I can certainly point you towards some general information about e-cigarettes. Please give me just a few moments to gather some information for you.
03:32:16 PM	[Ray Yeates] ok thank you.
03:32:46 PM	[Ray Yeates] where do you get the information from? A doctor ?
03:33:46 PM	[TJ] You're welcome. Our medical information is written and/or edited by a team of American Cancer Society staff medical editors (physicians and oncology nurses), and also reviewed by an editorial board of nationally-recognized experts (physicians, nurses, and researchers). The medical content is based on current editions of standard medical and nursing textbooks, on articles from peer-reviewed journals, and on evidence-based guidelines statements of major medical and public health organizations.
03:34:18 PM	[TJ] I'm going to share the information we have on e-cigarettes below; you'll have the option to receive an emailed transcript of this information at the end of our chat, so please don't feel you have to copy all this down.
03:34:35 PM	[Ray Yeates] I have also been shown my catscan and it shows a spot growing in one of my lungs I have top quit smoking and can't what shoud I do?
03:34:40 PM	[Ray Yeates] ok
03:34:51 PM	[TJ]
	Electronic cigarettes or e-cigarettes are designed to look like cigarettes, right down to the glowing tip. When the smoker puffs on it, the system delivers a mist of liquid, flavorings, and nicotine that looks something like smoke. The smoker inhales it like cigarette smoke, and the nicotine is absorbed into the lungs. The e-cigarette is usually sold as a way for a smoker to get nicotine in places where smoking is not allowed. Some people think they can be used to help people give up tobacco. The makers of e-cigarettes say that the ingredients are "safe," but this only means the ingredients have been found to be safe to eat. Inhaling a substance is not the same as swallowing it. There are questions about how safe it is to inhale some substances in the e-cigarette vapor into the lungs. And e-cigarettes are not labeled with their ingredients, so the user doesn't know what's in them. The amounts of nicotine and other substances a person gets from each cartridge are also unclear. A study done by the FDA found cancer-causing substances in half the e-cigarette samples tested. Other impurities were also found, including one sample with diethylene glycol, a toxic ingredient found in antifreeze. Studies have shown that e-cigarettes can cause short-term lung changes that are much like those caused by regular cigarettes. But long-term health effects are still unclear. This is an active area of research, but the safety of these products is currently unknown.
	We do know that electronic cigarettes are designed to deliver nicotine, and nicotine is addictive. This strongly suggests that e-cigarette use will lead to dependence, unless the user weans him or herself from them. A CDC survey published in 2013 showed that e-cigarette use in middle school and high school students doubled between 2011 and 2012, with 10% of high school students and 3% of middle school kids using them and risking addiction to nicotine. Among high school students, 80% smoked regular cigarettes and used e-cigarettes at the same time.
	Because the American Cancer Society doesn't yet know whether e-cigarettes are safe and effective, we cannot recommend them to help people quit smoking. There are proven methods available to help people quit, including pure forms of inhalable nicotine as well as nasal sprays, gums, and patches.
	Until electronic cigarettes are scientifically proven to be safe and effective, ACS will support the regulation of e-cigarettes and laws that treat them like all other tobacco products.
	The e-cigarette boom is now spawning sales of electronic cigars, e-hookahs, and other special devices designed to reproduce different types of smoking using vaporized liquids. Even less is known about their ingredients and safety than about e-cigarettes. Like e-cigarettes, these new products need to be researched and regulated
03:35:32 PM	[TJ] You can also find this information here on our website:

<http://www.cancer.org/cancer/cancercauses/tobaccocancer/questionsaboutsmokingtobaccoandhealth/questions-about-smoking-tobacco-and-health-e-cigarettes>

03:35:56 PM [TJ] However, we do have additional information on methods to use for help quitting smoking, and I'm happy to share that with you as well.

03:37:11 PM [Ray Yeates] I already read that....I was hoping for more info on them. My breathing is pretty severe and I am really worried to smoke...but I have sproblems with this my local office for quit smoking points me too meetings with others ...it was futile....most of them have the smae problem minus the COPD

03:37:23 PM [Ray Yeates] ok

03:38:09 PM [TJ] I see. At this point, it's difficult to provide more information on e-cigarettes because we just don't know much about their potential health effects yet. For more information about quitting smoking, you might be interested in the following guides:

Guide to Quitting Smoking

<http://documents.cancer.org/6696.00/6696.00.pdf>

Quitting Smoking: Steps to Boost Success

<http://documents.cancer.org/6815.00/6815.00.pdf>

Quitting Smoking: Help for Cravings and Tough Situations

<http://documents.cancer.org/6692.00/6692.00.pdf>

03:38:15 PM [TJ]

To view these files, you will need the free Adobe® Acrobat® Viewer installed on your computer. If you do not have it, you can download it for free from Adobe's website at

<http://www.adobe.com/products/acrobat/readstep.html>

03:38:52 PM [TJ] Quitting is a major undertaking, and I want to congratulate you on making that decision. I can also check for local programs that may be able to offer support or other resources for helping you quit. Would you like me to do that?

03:39:14 PM [Ray Yeates] Looks like I have seen most of this information....is ther no other way?

03:39:47 PM [TJ] Have you looked into medications to help you quit? Or has your doctor been able to suggest any other options?

03:39:54 PM [Ray Yeates] I'm in Canada....remote south shore of Nopva Scotia...we have little resources here.

03:40:53 PM [Ray Yeates] Well I don't have a family doctor....mostly it's been on the advice of the lung specialist. He thinks the electronic is most likel;y than smoking real cigarettes but left that choice to me.

03:41:43 PM [Ray Yeates] I am scared to death of chantix...it has a bad history and I have already had suicidal thoughts in the past...not for me ..

03:42:13 PM [TJ] I see. While it can be a helpful tool for some people as a replacement for cigarettes, we just don't have much information about their safety. One option would be to contact the manufacturer of your e-cigarette of choice to see if they can provide a list of ingredients or safety concerns with their individual product.

03:42:29 PM [Ray Yeates] I tried the gum and vaporizers...not the aerosol but it's sounds like it has strange ingredients too.

03:42:50 PM [TJ] While we don't have much information on resources outside of the U.S., the Canadian Cancer Society may also know of other resources that may be available to you; have you reached out to them yet?

03:43:15 PM [TJ] It sounds like it's been very difficult for you, and your resolve is admirable. I hope some of this information can be useful to you.

03:43:33 PM [Ray Yeates] I supposebut I have to buy one online because we have no place here selling them at all...just the ones in the smoke shops but they are terrible...I tried

03:44:24 PM [Ray Yeates] I tried them actually...they simply sent me quit smoking places in Canada....all too far away and online in the site no one is there hardly

03:45:17 PM [Ray Yeates] anyhow my hope is diminishing on help....I don't understand all this. What is in them that they think they are dangerous

03:45:57 PM [Ray Yeates] Do you know anything about them at all?

03:46:22 PM [TJ] I'm sorry to hear this has been such a frustrating process. The issue is that because e-cigarettes are not regulated, we don't know what is in them. The manufacturers are not required to list the ingredients for the general public.

03:46:56 PM [TJ] And the ingredients we know of that are generally thought to be safe may not be safe to inhale; there hasn't been enough research done yet to know for sure.

03:47:36 PM [TJ] While many smokers report that e-cigarettes have been helpful in quitting, at this time we only recommend medications that have been approved by the FDA after high-quality, objective scientific evidence shows they're safe and effective.

03:47:45 PM [Ray Yeates] Jeeze...cigarettes don't list all the stuff in them either.....dosent make any sense. Does regulation mean they are banning ?

03:48:28 PM [Ray Yeates] I know I read so many good things form those saying they use them...that is the reasom I'm so mixed up .

03:50:01 PM **[TJ]** Regulation would mean that they would have to disclose their ingredients and they would have to be investigated and proved to be safe. Of course, it's still a personal choice, and some people have found them to be helpful. We just can't recommend them in good faith because we don't have all the facts on them.

03:50:22 PM **[Ray Yeates]** Are they used by many in the states?

03:50:49 PM **[Ray Yeates]** Well it's known that cigarettes kill millions every year and counting....

03:51:03 PM **[TJ]** They are fairly widely available. I'm not sure if we have statistics on how many people are currently using them, but you do see them around frequently.

03:51:09 PM **[Ray Yeates]** what about nicotine...is it cancerous too?

03:52:36 PM **[Ray Yeates]** Sorry for so many questions...but my life is on the line....I am a single dad and my teen daughter needs me around a while yet. I turned down chemo and radiation and drugs....it's the smoking issue I need real help real fast with.

03:53:32 PM **[TJ]** That's okay, that's why we're here. Research has shown that nicotine itself does affect the activities of certain normal cells and cancer cells. And some animal studies have shown that nicotine may help existing tumors grow and spread, but whether this happens in people is not yet known and more research is needed. However, we do know that nicotine is very addictive, which makes people more likely to keep smoking and exposing themselves to other cancer-causing agents.

03:54:15 PM **[TJ]** To clarify, have you been diagnosed with cancer? Is that what they think the spot they found is?

03:54:42 PM **[Ray Yeates]** They think it is yes....but I have not yet been diagnosed

03:55:02 PM **[TJ]** I see. Are they planning more tests to determine whether it is cancer or not?

03:55:17 PM **[Ray Yeates]** I ask what made them think it and was informed it has gotten bigger over a 6 month period

03:55:35 PM **[Ray Yeates]** They want me to do biopsy?

03:56:03 PM **[TJ]** Okay. A biopsy is usually the best way to determine with certainty whether it is cancer.

03:57:08 PM **[Ray Yeates]** I suppose.....I'm more concerned right now how to stop smoking before anything.....this is vicious...the mental anguish alone is making me weaker and depressed.

03:58:08 PM **[TJ]** That's understandable, Ray. It's certainly not an easy task, but I hope some of our information and tips are able to provide some guidance. Did you say that you had tried going to groups or meetings, and that was not helpful?

03:58:26 PM **[Ray Yeates]** I guess I best go now and see what I do from here.....I was hoping for more info but thanks you for your time TJ it's been a pleasure.

03:59:06 PM **[TJ]** The pleasure's mine, Ray. Please know that we're always happy to answer questions, so I hope you feel free to stay in touch with us.

03:59:37 PM **[Ray Yeates]** No it does not help...many others there are also not doing well....they call it slipping....I'm recovering alcoholic and it relates to me...but AA is the answer for me on that....Smoking is another thing altogether....

03:59:50 PM **[Ray Yeates]** ok Thanks TJ

03:59:57 PM **[Ray Yeates]** Have a great evening too.

04:00:12 PM **[TJ]** You, too. Thank you for contacting your American Cancer Society. Please do not hesitate to contact us in the future if we can be of any assistance.

04:00:15 PM **[TJ]** To receive a transcript of this chat, please click the "End" button at the bottom of the chat box and then enter your email address.

04:00:19 PM **[Ray Yeates]** can you send me the email?

04:00:37 PM **[Ray Yeates]** k I see

04:01:03 PM **[TJ]** Okay, great. Let us know if it doesn't come through, and we can give you the transcript and try again.