VAPING: WHAT YOU NEED TO KNOW

By Doris Kimbrough

Over the summer, the numbers were hard to keep track of. At first, a few dozen mysterious lung illnesses were reported, but by mid-October, the U.S. Centers for Disease Control and Prevention (CDC) said it was investigating about 1,500 cases, including 33 fatalities.

The people affected are mostly in their late teens and early 20s and normally healthy. They reported flu-like symptoms, including vomiting, fatigue, followed by severe shortness of breath. Some of them ended up on ventilators for months. Health investigators determined that the common thread among these cases was vaping.

Pinpointing what specifically causes the illnesses is difficult. Health investigators speculate that a number of factors might be involved, including product contamination, the use of THC (a cannabinoid from marijuana), and device modification. Investigators initially found that the oil vitamin E acetate was in many of the THC products that sick patients had vaped. But a follow-up study examining lung biopsies from some patients didn’t show signs of the oil.

The spike in severe illnesses raised new alarms over e-cigarettes. But even before this summer, public health officials warned that vaping could have unforeseen long-term effects. E-cigarettes haven’t been used long enough, however, for doctors to know what those effects might be.
MIST OR VAPOR?

Despite the term “vaping” that’s associated with e-cigarettes, the devices produce an aerosol mist—not a vapor.

What’s the difference between an aerosol mist and a true vapor?

An aerosol is the suspension of tiny solid or liquid particles in a gas. Clouds, mist, and fog are examples of aerosols. A vapor is the gas phase of a substance that is typically solid or liquid at room temperature. Chlorine, for example, is a gas at room temperature so we refer to Cl₂ as chlorine gas, not a vapor. Water, on the other hand, is a liquid at room temperature. So, when water molecules are in the gas phase, we refer to them as water vapor.

To stem the tide of teen vaping in the United States, sales of e-cigarettes to anyone under 18 became illegal in 2016. Still, the U.S. Food and Drug Administration in 2018 reported that 2 million high school and middle school students had used e-cigarettes regularly during the previous year. In an effort to more effectively prevent teen use, in September Michigan became the first U.S. state to ban flavored e-cigarettes, which are more palatable for young users. A few months before that, San Francisco became the first major U.S. city to ban the sale and distribution of all e-cigarettes. Other communities have also indicated they would take similar action. The CDC urged people to stop vaping.

Public health officials still have a lot to learn about e-cigarettes, but what they do know raises serious concern.

Regular versus electronic cigarettes

Smoking traditional cigarettes affects every organ in the body, and is the leading preventable cause of death in the United States: It contributes to nearly 1 out of 5 deaths, according to the CDC. E-cigarettes with nicotine-based liquids are often marketed as an alternative to traditional cigarettes for those addicted to smoking.

What’s the difference? Well, when lit, tobacco leaves in conventional cigarettes burn and produce smoke containing vaporized nicotine that the user inhales. The smoke also contains thousands of other substances including at least 70 carcinogens, compounds that promote the development of cancer. Capillaries in the lungs absorb the nicotine and other substances, and they enter the bloodstream. The bloodstream carries the absorbed substances to the brain and other parts of the body.

In contrast, electronic cigarettes are tobacco-free. They
Research has shown that nicotine isn’t the only danger lurking in e-cigarettes. Flavor compounds in e-cigarette liquids break down when heated, forming toxic substances, including formaldehyde. Heating one particular brand in a vaping device produced levels of formaldehyde that were 190 to 270 times the exposure limit determined by the American Conference of Governmental Industrial Hygienists, a nonprofit scientific organization. Formaldehyde can cause coughing, wheezing, and nausea. The U.S. National Toxicology Program recognizes the substance as a known human carcinogen.

Source: Khlystov and Samburova. Environmental Science and Technology. https://pubs.acs.org/doi/10.1021/acs.est.6b05145

Why one proton matters
Starting in the 1990s, multiple states started filing lawsuits against tobacco companies for knowingly hiding information about the dangers of smoking. Company documents that were released as part of these lawsuits revealed that in the 1960s, tobacco companies discovered that the conjugate base form of nicotine was more readily absorbed by the lungs, providing a larger dose of nicotine—and a higher potential for addiction.

Tobacco companies started to add ammonium salts, such as diammonium phosphate [(NH₄)₂HPO₄], to cigarettes. When lit, the salts convert to ammonia (NH₃). The ammonia...
The conjugate base form of nicotine is more readily absorbed by the lungs. To create products with a higher ratio of this form, tobacco companies add ammonium salts to their cigarettes. When the tobacco in a cigarette burns, the heat causes the salts to form ammonia and other compounds. The ammonia reacts with the acid form of nicotine, removing the proton. This produces more conjugate base form nicotine.

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(NH_4)_2HPO_4(s) \rightarrow 2NH_3(g) + \text{other products}
\]

Acid form

Conjugate base form

takes protons from acid form nicotine molecules, turning them into the easier-to-absorb, conjugate base form.

The conjugate base form of nicotine feels harsh and scratchy to the back of the throat. The acid form of nicotine is reported to feel milder and smoother when inhaled, but the lungs don’t absorb it as readily.

Researchers who have studied vaping liquids have suggested that this difference in smoothness between acid and conjugate base nicotine might contribute to the popularity of Juul, which first appeared in stores in 2015. Its discreet, thumb-drive-like design, and fruity flavors helped Juul quickly become a top seller. By early August 2019, Juul products accounted for 72% of total e-cigarette sales.

A 2018 study led by David Peyton at Portland State University to evaluate various brands of e-cigarettes found that the two Juul liquids they tested contained mostly acid form (smoother feeling) nicotine.

Peyton and his colleagues also found that Juul pods contained approximately 57 milligrams (mg) of nicotine per milliliter (mL) of solution. Other brands, including Twelve Vapor, Nicquid, and Beard Vape Co., averaged 10 mg of nicotine per mL of solution. Most of the non-Juul brands’ liquids had more than 50% of the harsher, conjugate base form of nicotine.

Peyton and his co-authors see a parallel with harmful, long-term consequences. Adolescence is a critical period for brain development. Research suggests that nicotine exposure could re-wire teens’ brains with harmful, long-term consequences.

For example, it can lower users’ cognitive skills, increase the likelihood that they will try illicit drugs, and increase their risk of developing mental health disorders.

Aside from nicotine, flavorings in vaping liquids could have their own set of health effects. Preliminary lab studies involving human endothelial cells, which line the lungs, have shown that some of the flavored liquids used in e-cigarettes cause significant damage to the cells.

How all of these health factors will play out in the next few years to decades is still unknown. But what recent illnesses and studies on e-cigarettes thus far have shown is that a lot more research is needed to understand the health risks of vaping.

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REFERENCES