THE “FALL”OUT FROM VAPING

Electronic cigarettes (e-cigarettes) refer to a group of devices designed to allow users to inhale aerosols for recreational use. First introduced in the United States in the mid-late 2000s, these devices were intended to be used primarily as smoking cessation tools for active adult smokers.

However, in recent years, e-cigarette use has become extremely popular among youth in the United States, surpassing traditional cigarette use among middle and high school students in 2014.

Aerosolized e-liquids typically in the e-cigarettes contain three main ingredients: nicotine, a solvent, and a liquid flavoring. While the long term harms of e-cigarettes have yet to be seen, there is emerging evidence that components of e-liquids may have significant effects on lung tissue.

Nicotine specifically has been shown to change the architecture of both the lung epithelial cells, as well as areas of gas exchange.

Nicotine-containing e-liquids have also been shown to affect the inflammatory environment of the lungs, clearance of mucus and debris, and lung function.

Flavoring in e-cigarettes are an ongoing topic of controversy and have been implicated in attracting young users with flavors such as “cotton candy” and “gummy bears”. This has led to a number of local governments to either regulate or outright ban flavor-containing e-liquids for sale.

Recently there have been hundreds of cases of vaping-related lung injury across the United States, some of which have resulted in death. No specific toxic agent or device has unified these cases. As a result, the Centers for Disease Control and Prevention have warned users to stop use of e-cigarettes altogether.

For the latest information on this outbreak of vaping-related lung illnesses, visit www.cdc.gov

~Dr. Hamberger

Click on the links below to view Dr. Hamberger discuss vaping:

- https://www.youtube.com/watch?v=ujybyHhxoks
- https://www.youtube.com/watch?v=DZPBnf018EQ

Ask the Docs

DEAR PED PULM: How do the risks of vaping compare with cigarettes?
- CONCERNED PARENT

DEAR CONCERNED:

I'm hesitant to say that e-cigarettes “e-sigs” are "better" than traditional cigarettes, in part because they've only been around for 10-15 years.

We know the harms of cigarettes because they have been around for decades. For e-cigarettes, we are learning more and more about the potential harms every day.

Laboratory studies show that e-cigs can contain substances that have been linked to irreversible lung damage, as well as carcinogens and toxic byproducts. This summer, we have seen hundreds of cases of vaping-related lung disease, including some deaths.

Therefore, it remains to be seen what long-term consequences are on the horizon. ~Dr. Hamberger

REMINDER

The influenza (flu) virus vaccine:

- Is now available
- Can lower rates of flu-related hospitalizations for kids and adults.
- Lowers the severity of the flu
- Can protect vulnerable populations in society including babies, older people, and those with health issues.
- Is now able to be taken by people with certain types of egg allergies - please discuss with your pediatrician or allergist to learn more.
- More information from the CDC: https://www.cdc.gov/flu/prevent/index.html
Meet the Doctors

Profile

DR. ERIC HAMBERGER

Dr. Eric Hamberger recently joined the UCLA pediatric pulmonology team after completing his pediatric pulmonology fellowship training at Stanford.

There, he studied the risk perceptions and use of tobacco-related products in adolescents and young adults with cystic fibrosis.

His goal is to help further our understanding of the short- and long-term effects of e-cigarette use in youth.

Dr. Hamberger treats patients with all lung diseases including asthma, chronic lung disease of prematurity, and cystic fibrosis.

During his free time, Dr. Hamberger enjoys cycling along the coastline and exploring new restaurants.

Dr. Hamberger is accepting new patients in Santa Monica, Westwood, and Calabasas.

https://www.uclahealth.org/eric-hamberger

Medical Scribes

The UCLA Pediatric Pulmonology Division recently hired medical scribes to work with our pulmonologists.

Medical scribes are paraprofessionals who transcribe the clinical visit between the patient and physician in real-time directly into the electronic health record (EHR).

Scribes are becoming more prevalent in clinics because of the documentation burden of the EHR and to improve the personal connection during the visit of between patient and care provider.

Studies have demonstrated that scribes can be cost-effective, decrease physician “burnout,” and improve patient satisfaction.

You may meet one of our scribes during your child’s visit: Ms. Ailina Lao (L) or Ms. Hannah Taylor (R). Both are currently applying to medical school! ~Dr. Ross

Respiratory Therapy

Use of Inhalers and Nebulizers

One of the most common reasons for uncontrolled asthma is improper asthma medication technique.

Reminders for inhalers include: Use a spacer if the inhaler is designed for one. Remember to prime (spray two puffs into the air) the albuterol inhaler if it has not been used in 14 or more days. Also, shake the inhaler before delivering the medication.

Nebulizers should be used with a mask. Ensure that your child can remain seated and engaged for the entire length of the treatment.

For a complete demo of inhaler with spacer technique, please review https://www.uclahealth.org/mattel/pediatric-pulmonology/default.cfm and direct further questions to your pediatrician. ~Dr. Ross

Question (non-emergent) about established patients’ respiratory meds, delivery devices, or medication? E-mail: Ubreathe@mednet.ucla.edu

NEW CALABASAS LOCATION!

Our pediatric pulmonary clinic is now open in Calabasas on Tuesday mornings. The location is staffed by Dr. Hamberger and a respiratory therapist. The address and contact information is below.

CONTACT US

CALL 310-825-0867 FOR MEDICAL CARE, APPOINTMENTS, AND REFERRALS

Westwood: UCLA Children’s Health Center
200 UCLA Medical Plaza, Suite 265
Los Angeles, CA 90095

Santa Monica: Pediatric Specialty Clinic
1260 15th Street, Suite 1024
Santa Monica, CA 90404

Calabasas: Pediatric Primary & Specialty Care
26565 W Agoura Road, Suite 360
Calabasas, CA 91302

PEDIATRIC PULMONOLOGY & SLEEP MEDICINE ADMINISTRATIVE CONTACT AND INFORMATION
Website: www.uclahealth.org/pedspulmonology Email: pediatricpulmonary@mednet.ucla.edu
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Editor-in-Chief: Dr. Sande Okelo. Managing Editor: Dr. Mindy Ross. Contributions by our pediatric pulmonology staff.