

Love Your Lungs!



October is National Healthy Lung Month

by B. Kay Sugg

October is National Healthy Lung Month with Lung Health Day on October 28. When we think of keeping our lungs healthy, we often (and correctly) think of avoiding pollutants and irritants. The world we live in today has many sources of air pollution which can negatively affect our lungs, but one of the scariest of these sources has recently become the e-cigarette.

What is it?

E-cigarettes come in a variety of forms, and may look like regular cigarettes, pipes, cigars, flash drives, pens, or other everyday shapes. The names for them vary as well; "e-cigs," "vapes," "e-hookahs," "vape pens," and "electronic nicotine delivery systems (ENDS)" are all common names you may be familiar with.

Smoking e-cigarettes (vaping) was originally welcomed as a safe alternative for adults to smoking. It was thought to be less addictive and a good way to gradually stop smoking. But it has become a cause of major concern after thirteen people have now died from lung illnesses related to vaping or smoking flavored e-cigarettes. Five states have banned the sale of flavored e-cigarettes, and three others have enacted laws raising the legal age to buy any tobacco product, including e-cigarettes to 21.

What's So Dangerous?

Vaping is inhaling the vapor or aerosol produced by an electronic e-cigarette. The vapor contains fine particles of substances such as propylene glycol, glycerin, nicotine, flavors, unknown amounts of toxic chemicals such as pesticides, heavy metals, and carcinogens. The problem is that exactly what chemicals are in the vapor is largely unknown since e-cigarettes are largely unregulated. And there are currently more than 460 different e-cigarette brands on the market.

A Gateway for Youth

If you have teenagers and feel reassured that smoking e-cigarettes is an adult activity, you might be surprised to discover you are wrong. E-cigarettes are now the most commonly used tobacco product among youth. A recent survey of 44,000 students by the National Institutes of Health found that the number of teens who tried vaping rose from 28% in 2017 to 37% in 2018. The concern is that vaping is reversing what had been a decline in the number of adolescents using nicotine and that vaping is moving them into nicotine use and addiction, not away from it. The nicotine in one Juul pod (a e-cig pod) is equivalent to one pack of cigarettes—making it extremely addictive.

According to the New England Journal of Medicine "the developing brain (of teens) is particularly susceptible to permanent changes from nicotine use and is when almost all nicotine addiction is established."

The best way to observe Healthy Lung Month is to protect yourself and educate your family members about the practice and consequences of smoking e-cigarettes, as it has implications for the lung health of all who vape.

Sources:

Centers for Disease Control (www.cdc.gov)

National Institutes of Health (<https://newsinhealth.nih.gov>)

American Lung Association (<https://www.lung.org>)

DID YOU KNOW?

During a normal day we breathe nearly **25,000 times!**

A person usually breathes an average of **13 pints of air** every minute.

Children and women have a **higher breathing rate** than men.

Humans exhale up to **17.5 milliliters** of water per hour.

Lungs aren't the same size. To accommodate the heart, the **right lung is larger** than the left lung.

The air we breathe contains **21% oxygen**, but our bodies only use 5% — the rest is exhaled.

Sources:

American Lung Association (<https://www.lung.org>)

Pulmonary Hypertension News (<https://pulmonaryhypertensionnews.com>)

HALLOWEEN POPCORN BALLS

Looking for a fun, festive treat to usher in Halloween? Check out this twist on a traditional popcorn ball... you're sure to be ghoulishly delighted!

INGREDIENTS

- 1/2 cup unpopped popcorn
- 1/2 tsp salt
- 1/4 cup butter (1/2 stick)
- 1 tsp vanilla
- 4-5 cups mini marshmallows
- 3/4 cup Reeses pieces
- 3/4 cup candy corn

INSTRUCTIONS

1. Pop your popcorn in an air popper, or a pan until all the kernels are popped. Put in a large bowl.
2. Sprinkle popcorn all over with salt.
3. In a large pan over medium high heat, melt your butter. Add in your vanilla and marshmallows.
4. Stir constantly until the marshmallows are melted and creamy.
5. Pour the marshmallow mixture over your popcorn and stir until popcorn is fully coated.
6. Allow to set for a couple minutes, then stir in half of your Reeses pieces and candy corn.
7. Separate your popcorn into 10 sections.
8. Press the white chocolate pretzels (they'll melt if they go in sooner) into each section.
9. Shape popcorn into balls. If the mixture is sticking to your hands, spray them with nonstick spray as needed.
10. Press additional candies onto the outside of the popcorn balls.
11. Place balls on parchment paper and allow to set for about an hour.

Source: <https://lmlid.org/halloween-popcorn-balls>

