

Audio file

[Dr Andrew Bush to The Union.m4a](#)

Transcript

About the future of our children, can there be a more important subject than that? I have no conflict of interest.

The aim of the presentation is to discuss in more detail than was possible in the plenary, the European Academy of paediatrics position statement on E cigarettes, which makes a number of strong recommendations. It's freely available online. There is the link if anybody has difficulty getting a hold of it, just get in touch with me.

This dreadful story hit the airwaves as I was preparing this talk. A London borough is proposing to give free e-cigarettes for pregnant smokers as many as they want for free. To stop them smoking in pregnancy. This is projecting vapes as so safe that they can be given in pregnancy. If it's OK for a pregnant woman to vape, it's OK for everybody. No one is more careful than a pregnant woman about what she puts in her body to avoid exposing the foetus, but it's OK to vape.

Is this not the absolute hymn sheet of the e-cigarette industry? And people who should know better are being fooled by it.

This is a rather scary CT scan. You can see a lot of tree and bud and nodular shadowing ground glass becoming confluent. Extensive air leaks, this is a subject who is intubated. This is a previously healthy 18 year old with a 3 month history of vaping, occasionally with cannabinoids as well, but not on this occasion. He required venovenous, ECMO, pulse Methylprednisolone and Razmak to save his life. E-cigarettes are safer than tobacco? Who do you think you're kidding?

But that's what the e-cigarette industry would have us believe. I'm going to show you some lung cancer data because it highlights something really important. This is a paper just published on nearly half a million UK Biobank subjects, and they looked at in utero smoke exposure, the age of smoking onset in postnatal life and apologetic cancer risk score. And they associated this with lung cancer incidence and deaths during a nearly nine year follow up period. And this is scary here. You can see in utero exposure to tobacco smoke.

In the orange, the patients who are exposed to tobacco smoke, there's an increased risk of lung cancer later in life. And look at this one. If you smoke in childhood and adolescence. The risk of cancer later in life is much, much greater. So childhood and adolescence is a particularly vulnerable time period. I'm just going to show you this one slide again as a reminder.

Youths are using these e-cigarettes. It's high school students at a vulnerable time period e-cigarette use is taking off and it's not instead of cigarettes, cigarette use declined before vaping took off and has not declined further since vaping took off. They're not a substitute. They're a new vice.

So what were the recommendations of the Academy? They should be considered dangerous until proven otherwise. Lots of chemicals, we just do not know what is in these e-cigarette liquids. We do not know what the effects are.

We do not have toxicology data. And the onus is on the e-cigarette industry to prove they're safe. Not for me to prove they're unsafe.

I can think of no sensible biological model whereby inhaling a whole lot of unknown chemicals into your lung is anything other than a bad idea. The second recommendation. These things are a gateway to nicotine addiction. They have been very carefully engineered in many cases to give you a really big nicotine surge, increasing the likelihood of addiction. I don't care, as I said in the lecture, I don't care whether this is the gateway to smoking, it's just not relevant. I do not want a generation of children to grow up with nicotine addiction and the multi system health consequences of nicotine abuse. It doesn't matter whether they lead to smoking. They are damaging and evil in their own right.

You will have seen enormous numbers of flavourings added to e-liquids. This is a deliberate attempt by the industry to enhance the use of these products and the European Academy recommends an immediate ban on these flavourings. When did you last see flavoured nicotine gum as an aid to smoking? Answer, you never did.

This is an attempt to hook children to use these evil devices. The next recommendation, e-cigarettes, whether or not they contain nicotine, contain chemicals whose acute and chronic toxicity is either unknown, or known to be harmful. The effects can be carcinogenic. Certainly pro inflammatory and immunosuppressive and I certainly believe that it is essential that we protect children and young people from the effects of these chemicals.

And furthermore, they must be protected from passive exposure. I showed you data on passive exposure. If you are in the company of an e-cigarette user, you are excreting in your urine compounds from their e-cigarette vapour. You simply must put a stop to this. We know that devices used for inhaling these products can also be used for inhaling other substances of addiction, including cannabinoids, which add to the toxicity.

It is essential that children and young people be not given access to these devices. I cannot believe it is a good thing to have devices circulating in the community that allow liquids to be cut with substances of abuse. There is overwhelming evidence that the acute toxicity of e-cigarettes is far in excess of that of conventional tobacco products.

If you start smoking cigarettes and smoke a few too many, the worst that is likely to happen is that you are going to vomit behind the bike shed, so it's probably not very nice, but it's not life threatening. There are multiple acute life-threatening lung diseases caused by e-cigarettes and the European Academy insists that children and young people must be protected from them and we've got to be clear about this.

The next recommendation. It is a fact that the potential medium and long term toxicity of e-cigarettes is as yet unknown because we haven't had sufficient time to study them. Now we know, and this is incontrovertible, that the acute toxicity of e-cigarettes is greater than the acute toxicity of tobacco. We know that the long term toxicity of tobacco is huge. But how can you possibly logically say, OK, the acute toxicity of E cigarettes is greater than tobacco, but the long term toxicity must be less than tobacco? This is nonsense.

This is not evidence based. The statement promulgated by our our ridiculous health service apparatchiks that they are 97% safer than tobacco is nonsense. It's based on so-called expert recommendation and in the 21st century, we need to go beyond that sort of rubbish.

The next recommendation. There is overwhelming evidence that Eliquids have overlapping toxicity with tobacco, but also every study that I've ever seen shows that in fact, they also have additional toxicity. Moreover and above than tobacco. We cannot consider e-liquids a sort of watered down milk and water version of tobacco, but they have the potential to be toxic in novel ways in their own right.

This is really important. It's now. You saying, oh, they don't have tar. Of course they don't have tar, but they have other things, and you would neglect the possibility of harm from these other chemicals at your peril. And at our children's peril. We need legislation. Those listening who have fought the good fight against tobacco and brought in legislation knows that legislation works. After all if it doesn't work, why do we have Parliament? Legislation works.

We know that the effects of banning advertising, banning smoking in public places have had important health consequences. Including reducing low birth weight delivery, including reducing asthma attacks, including reducing coronary heart attacks. E-cigarettes must be treated in exactly the same way in terms of legislation as conventional tobacco products.

They should not be allowed in public places or in closed spaces such as cars, all advertising should be banned. All displays in shops should be banned. Plain packaging with health warnings, as with cigarettes, stringent penalties for the sale of these products to underage children and young people, this as well. It includes the banning of flavourings and again menthol as a flavouring for tobacco is being banned in some countries. We've got to get rid of these these flavourings.

Social media, somebody of my age is not exactly an expert in social media. There is no doubt that the industry is being extremely clever in using social media and influencers on social media to make e-cigarette use attractive to children and young people. I don't know how you regulate the social media, but something's got to happen, and companies cannot be allowed to put money in their pockets while allowing all this terrible advertising to go ahead.

Something's got to happen, and it's got to happen soon. I don't know how, but we've got to do something. You may remember that Juuls (sic), the e-cigarette manufacturer in the United States has just settled for over for around half a billion U.S. dollars. Lawsuits relating to them illegally marketing to children, and they've been sanctioned by the FDA. Advertising to children is going on and unless we move in and fight fire with fire, they will go on advertising to children. There needs to be stringent penalties for advertising and stringent penalties for the sale of these products to underage children and young people. So those were the recommendations of the European Academy.

Thank you for listening. Thanks to the organisers for the invitation and go away and fight this wicked industry that is damaging our children and damaging our children for the future. Thank you.