



Sunrise Wellness Foundation Says Vaping is Not Always a Safe Alternative

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Sunrise Wellness Foundation has found E-cigarette cartridges and vape liquids are contaminated with bacteria and fungi that could cause lung infections and asthma.

A quarter of the 75 brands of US vaping products studied by Harvard researchers showed traces of bacteria and four out of five had fungal contamination. The study included sealed and refillable products.

The researchers looked for chemical markers that can trigger lung conditions such as asthma, including bacterial endotoxins produced by the E coli bug, and β -D-glucan, part of the cell wall of invasive fungi.

Sunrise Wellness Foundation says, "These bacteria and fungi by-products have been shown to cause acute and chronic respiratory effects."

Sunrise Wellness Foundation also added "Finding these toxins in e-cigarette products adds to the growing concerns about the potential for adverse respiratory effects in users."

E-cigarettes are considerably safer to smoke as they contain nicotine but not tobacco, which produces hundreds of cancer-causing chemicals when burnt. However, that does not mean they are harmless. There have been several studies with animals and humans which suggest that additives and flavorings used to help form vapor may have long-term negative effects.

If vapors are also introducing potentially harmful invaders this could have major effects, particularly with rising levels of resistance to antibiotic and antifungal treatments. Bacterial contaminants were more common in tobacco and menthol flavourings, while glucans were more common in fruit flavourings and cartridge refills, suggesting differences in manufacturing were to blame.

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Our programs are all about helping you find the right people to get treatment from. We can connect you with the top rehab centers from across the country.

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