

TWIN EPIDEMIC: SMOKING AND NOW VAPING

by:

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The Provincial Health Office recently conducted a webinar on Twin Epidemic: Smoking and Now Vaping last June 23, 2022 between 8:30 to 12:00 noon via Zoom. The said webinar was participated by the junior and senior high school students of the select public schools in the division of Bataan and City of Balanga and some other teachers as well. The partnership of the DepEd and Department of Health was very apparent for the continuous support, concern, and vigilant to our so called "Kabataan, ang Pag-asa ng Bayan" as to the objectives of the webinar was for them to realize the side effects of e-cigarettes which is bad for health.

Dra. Buccahan thanked everyone who took part in the preparation for this webinar. She also welcomed everyone and explained the goal of the program. Meanwhile, Hon. Garcia III discussed the roots of smoking, as well as its effects on our bodies and society. He encouraged everyone to abstain from smoking in any way possible. When he spoke, he also addressed smoking laws and policies. Dra. Gonzales discussed the "Top Reasons Why We Need To Protect Our Children From Tobacco and Nicotine." These are as follows: According to her, there are findings that support the assertion that e-cigarettes are widely used by Filipino youth.

Dra. Gonzales also addressed the effects of nicotine, the ingredient that makes smoking so addictive. Its long-term effects include decreased attention span, the need for other drugs, an increased risk of heart attack, adrenaline spikes, and other side effects. Smoke from other users, particularly within the household, has an effect on those who smell it (secondhand exposure). According to one study, children who are exposed to this are more likely to smoke as they grow. Along with that, it was discussed how vaping is

just as dangerous as smoking. Dra. Gonzales urged everyone, particularly youth, to use their social media skills to educate and help more people avoid smoking.

Dra. Limpin spoke about the dangers of tobacco use. Since then, tobacco use has been recognized as the world's most serious public health issue. It is responsible for the deaths of billions of smokers. The causes of smoking-related deaths in the Philippines were also discussed. Obviously, the most common causes of death are internal damages caused by smoking. These are even ranked higher. Just this year, it was discovered that smoking can cause sympathetic activation, vascular stiffening, and endothelial dysfunction, all of which are associated with cardiovascular events. Furthermore, cardiovascular studies have revealed an increase in biomarkers of pulmonary disease in e-cigarette users. Dra. Limpin also discussed how harmful vaping is, as evidenced by toxicologic analyses, animal and human cell line studies, and human evidence. This is why, in the United States, Juul (e-cigarettes) is to be ordered illegal.

Unfortunately, data from the Philippines on tobacco use revealed that some Filipinos tried vaping as young as 13 to 15 years old. As a result, Dra. Limpin discussed the "Five A's," which are to ask, advise, assess, assist, and arrange. These five A's will help individuals in convincing people they know (who smoke) to quit smoking. A's will help individuals in convincing people they know (who smoke) to quit smoking. He went over the timeline of modern smoking laws and how they developed. When new types of smoking were introduced, laws were enacted to make them less accessible to Filipino youth. There are already smoking laws also addressed by the Philippines' previous president, Rodrigo Duterte. In fact, he openly states that the Vape Bill is a huge step back in protecting Filipinos' health.

References: