

## 2022 National Conference on Tobacco or Health

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### Primary Presenter

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**Biography** Since founding the first physicians' anti-smoking activist organization Doctors Ought to Care (DOC) in 1977, Dr. Blum has given over 2000 invited presentations on tobacco and has published over 100 peer-reviewed articles. As editor of the Medical Journal of Australia and the New York State Journal of Medicine, he produced the first theme issues on the world tobacco pandemic at any journal. In 1988 he received the Surgeon General's Medallion from Dr. C. Everett Koop, who wrote, "Dr. Blum has done more against smoking than anyone." In 2006 Amherst College awarded him an honorary Doctor of Science for his career-long effort to combat the tobacco industry. Since 1998, he has served as Professor of Family Medicine and Director of the Center for the Study of Tobacco and Society (csts.ua.edu), the most comprehensive archive of original documents and ephemera of the tobacco industry and the anti-smoking movement throughout the past century.

**Have you ever been employed by or received any funding from the tobacco industry (including manufacturers of tobacco products, the Tobacco Institute, law firms, or other interests representing tobacco companies to conduct research or provide consultation), the pharmaceutical industry (including producers of smoking cessation products), or another for-profit healthcare company that sells products or conducts research relevant to tobacco control policies (including e-cigarette manufacturers or marketing companies)?:** I have not received any funding from these entities.

**Please provide additional detail explaining the funding received and your relationship with the entity. If your abstract is accepted, you will be required to complete and sign a disclosure of conflicts of interest form providing this detail and more of these relationships.:**

### Co-Presenter 1

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**Bio** Christopher Froehlich is a nursing student and a Catherine J. Randal Research Scholar at the University Alabama Capstone School of Nursing.

**Have you ever been employed by or received any funding from the tobacco industry (including manufacturers of tobacco products, the Tobacco Institute, law firms, or other interests representing tobacco companies to conduct research or provide consultation), the pharmaceutical industry (including producers of smoking cessation products), or another for-profit healthcare company that sells products or conducts research relevant to tobacco control policies (including e-cigarette manufacturers or marketing companies)?:** I have not received any funding from these entities.

**Please provide additional detail explaining the funding received and your relationship with the entity. If your abstract is accepted, you will be required to complete and sign a disclosure of conflicts of interest form providing this detail and more of these relationships.:**

## Session Information

**Poster Session:**

**Panel Presentation (75 minutes):** Yes

**Individual Presentation (20 minutes):** Yes

**Session Title:** Vaping cannabidiol (CBD): What clinicians and consumers need to know

**Session Abstract: please provide a brief (500 words or less) description of this proposed session. Please note that if your abstract is accepted this description may be published in meeting materials as is, or may be edited for clarity or brevity.:** **BACKGROUND:** Concerns about the risks of vaping dramatically increased in 2019, after the Centers for Disease Control and Prevention linked vaping products to an outbreak of more than 2,600 cases of electronic cigarette or vaping product use associated lung injury (EVALI), with 60 deaths. 214 of the reported lung injuries were in individuals who used CBD (short for cannabidiol, one of the two main chemical components of marijuana) combined with either THC (delta-9-tetrahydrocannabinol) or nicotine, and at least 26 individuals were hospitalized after they reported vaping only CBD. As the popularity of CBD increases, vaping remains one of the most popular ways of using it. Nearly a third of the 20 million Americans who tried CBD in the past two years have used it in vaped form. There is little regulatory oversight of CBD in general and of CBD vaping oils in particular. The FDA, which oversees tobacco products, including nicotine vaping products, has not yet determined how to regulate CBD vaping products. This lack of regulation prevents the U.S. Hemp Authority from approving CBD vape oils, as it does for CBD topicals and edibles. While vitamin E acetate in bootleg vaping products appears to be the main culprit in most of the reported injuries and deaths, there are other substances, even in legitimate vaping oils, including propylene glycol, that raise concern. Online and retail store sales of CBD have greatly increased throughout the United States since the late 2010s, coinciding with the promotion of CBD as a treatment for many common ailments. In addition to edibles and vape oils, CBD is sold in the form of creams, suppositories, transdermal patches, tablets, capsules, sprays, and roll-ons. Sales of CBD products are expected to triple in the next five years to \$1.6 billion. This poster provides health professionals and the public alike with a concise handout on the myths and realities of health claims related to the use of CBD. **THC and CBD:** Marijuana is a plant that contains more than 100 chemical compounds. Unlike its psychoactive counterpart, delta-9-tetrahydrocannabinol (THC), CBD does not cause a "high." Popular demand for CBD-containing products has been driven by personal testimonies on social media attesting to the chemical's usefulness in treating pain, anxiety, depression, cancer-related symptoms, high blood pressure, and neurological conditions. There are oils and creams for pain, tinctures for anxiety, and edible gummies for relaxation. CBD vaping oils are sold in smoke shops and convenience stores. **METHODS:** Review of the medical and public health literature, analysis of reports on cannabidiol in the news media and on social media, and interviews with CBD vendors. **DISCUSSION/CONCLUSION:** Although the topical use of CBD and the ingestion of CBD-containing products do not pose a significant risk to health, there are serious risks associated with the vaping of CBD. Consumers are spending money on products that not only fail to provide the health benefits touted by manufacturers, but may cause harm.

**Supporting session documentation (OPTIONAL): If you have additional documentation that you believe is critical for reviewers to have in order to evaluate your submission (i.e. journal article, poster design), you may choose to upload that document here. (Word, PDF, .jpeg, or Excel files may be uploaded.:** 305421-2-80782-de7ada6e-7923-40c1-a56e-62ee84a2c299.docx

**Learning Objective #1:** As a result of attending this presentation, participants will be able to list the main risks of vaping CBD.

**Learning Objective #2:** Participants will be able to identify the chemicals most likely responsible for electronic

cigarette or vaping product use associated lung injury (EVALI).

**Learning Objective #3:** In addition to warning of the adverse effects of certain chemicals in CBD vaping oils, participants will be able to list the other forms in which CBD is sold.