

Vaping: A Community Event

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Belmont Wellness Coalition
23 October 2023

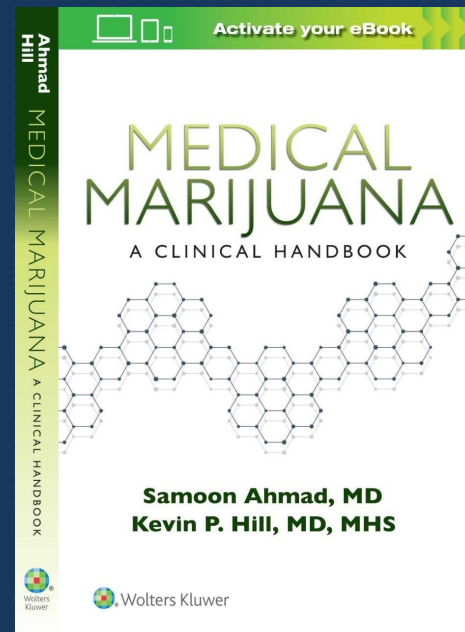
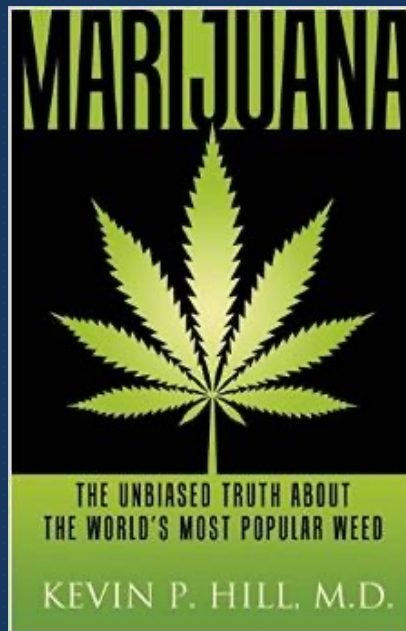


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Disclosures

- Books- Hazelden Publishing, Wolters-Kluwer.
- Consultant: NFL.



Learning Objectives

- To discuss current trends in vaping.
- To review risks of both nicotine and cannabis.
- To describe what treatment might look like for both of these substances.

Three Areas of Focus

- Clinical work: Director of Addiction Psychiatry, private practice, pro sports teams and leagues.
- Clinical research: cannabis and cannabinoids for medical indications.
- Educational outreach: Science vs. public perception, schools, policymakers.

Vaping





Big Business

- Flavored vape sales up 60% in past 3 years, now 18 million vape products per month, and 40% of users are 25 and under.
- \$5.5 billion e-cigarette market in US, most are not authorized by the FDA.
- Some offer 5000 or more puffs and rising nicotine levels (equal to carton of cigarettes.



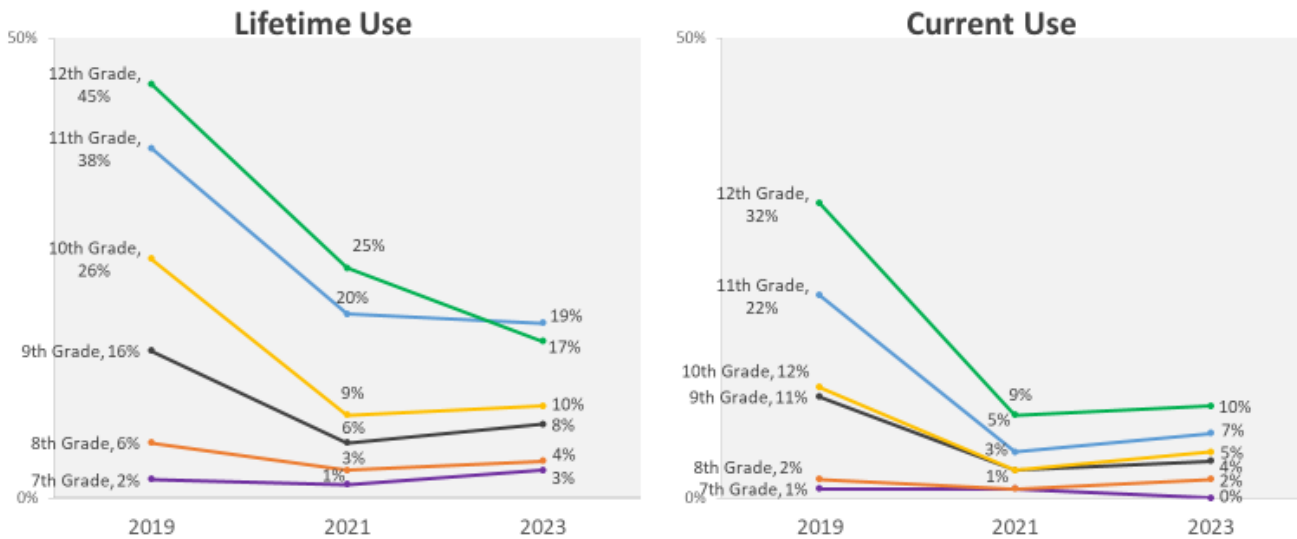
Different Delivery Device, Same Problems

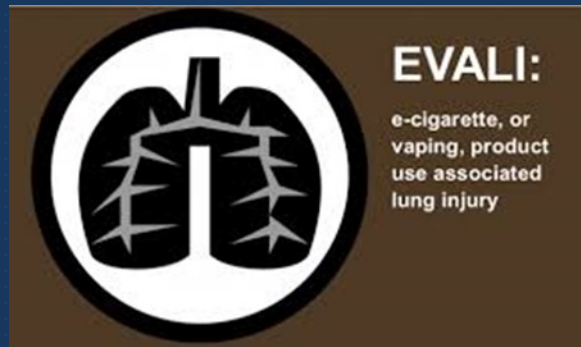
- Same tactics by those who have marketed cigarettes and cannabis.
 - Normalizing vaping on social media.
 - Colorful, fruit, ice cream and slushy flavors.
- Not clearly a healthier way to use these substances.



Belmont Data

ELECTRONIC VAPOR USE by grade





- Caused by additives like vitamin E acetate, which has mostly been found in unregulated THC vapes.
- Shortness of breath, fever, chills, nausea and vomiting, chest pain.
- Hospitalization, antibiotics, steroids, breathing support. Some deaths reported.

Gateway Drugs?

- Does use of cannabis or nicotine lead to other drug use? Is this a causal relationship?
- Most cannabis or nicotine users don't go on to using other drugs.
- But use of cannabis/nicotine/alcohol at a young age is worrisome.



Nicotine



Nicotine

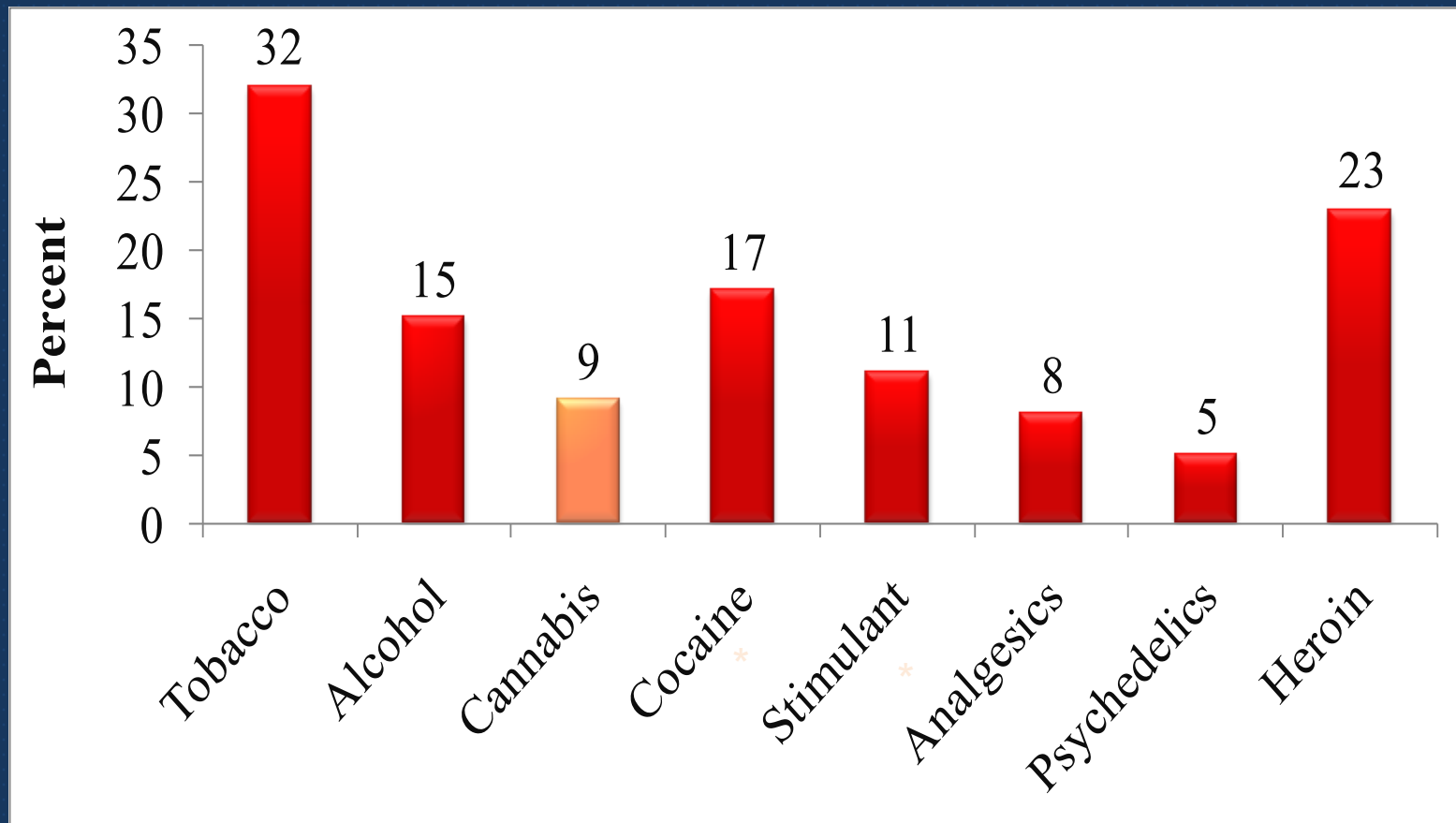
- Very addictive! Some would say it is the most difficult substance to quit.
- Sets precedent for needing a drug to feel normal.
- More likely that user will be willing to try other substances.

Cannabis



**Development of Problems:
About 9% of users may become dependent;
17% (1 in 6) who start use in adolescence**

Estimated Prevalence of Dependence Among Users



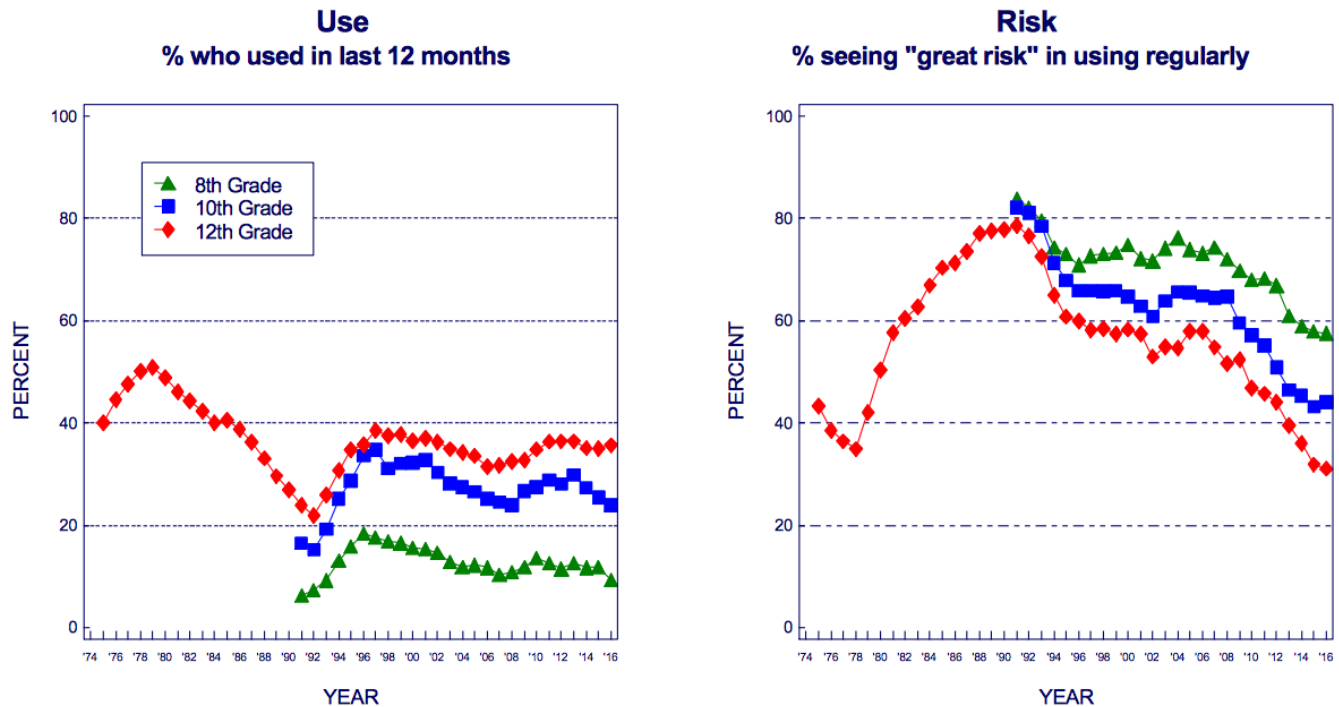
**Anthony JC et al., 1994 (Confirmed by
Lopez-Quintero et al. 2011)**

12th Graders' Past Year Cannabis Use vs. Perceived Risk of Occasional Cannabis Use

FIGURE 3

Marijuana: Trends in Annual Use, Risk, Disapproval, and Availability

Grades 8, 10, and 12



SOURCE: The Monitoring the Future study, the University of Michigan.

Drug Effects: Acute and Chronic



Implications on Youth Health



Acute Adverse Effects of THC

- Impaired judgement.
- Impaired coordination and motor skills (driving).
- Memory loss and learning difficulties.
- Psychosis.



Marijuana Myths

- Not Harmful
- Not Addictive
- No Withdrawal

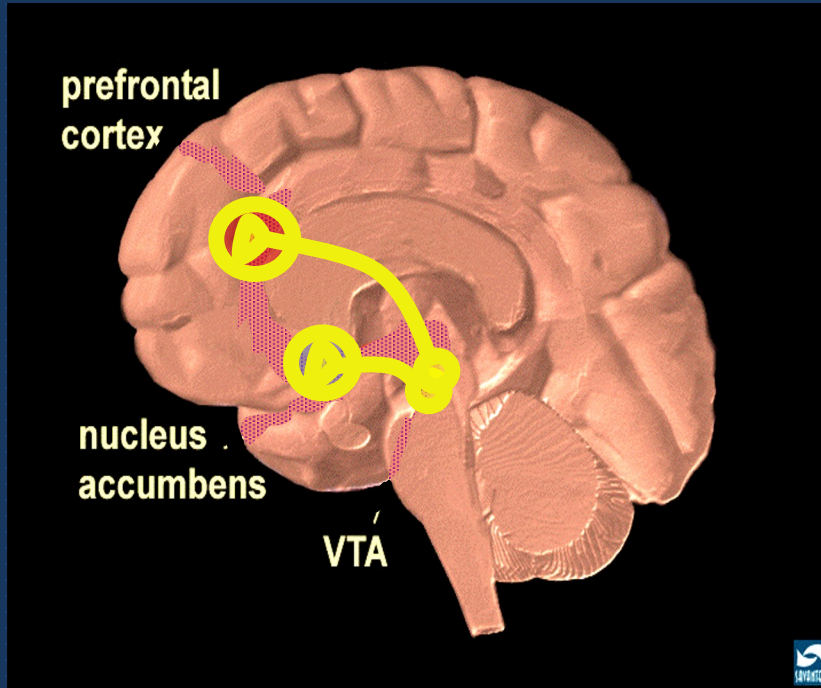


CHRONIC: DOSE MATTERS

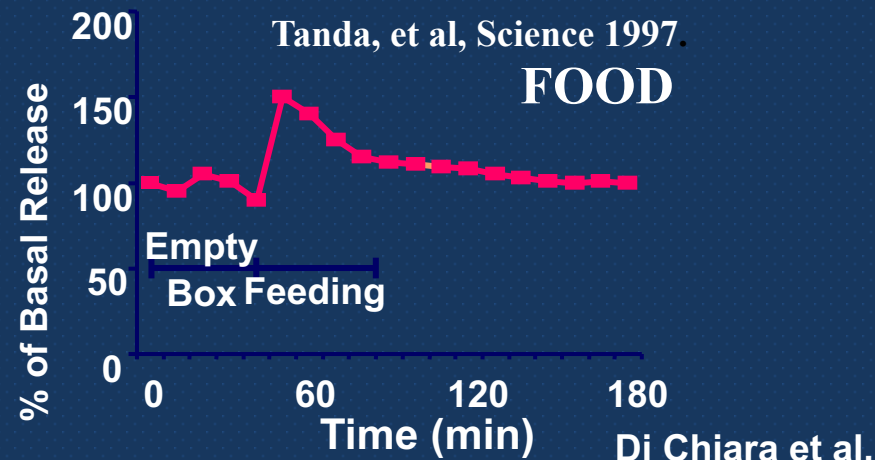
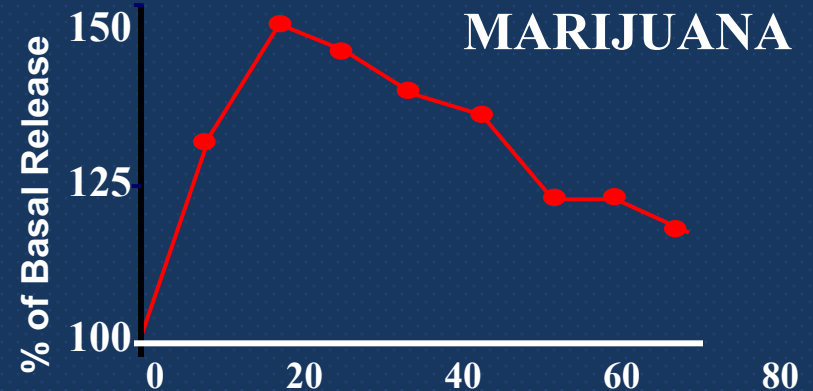
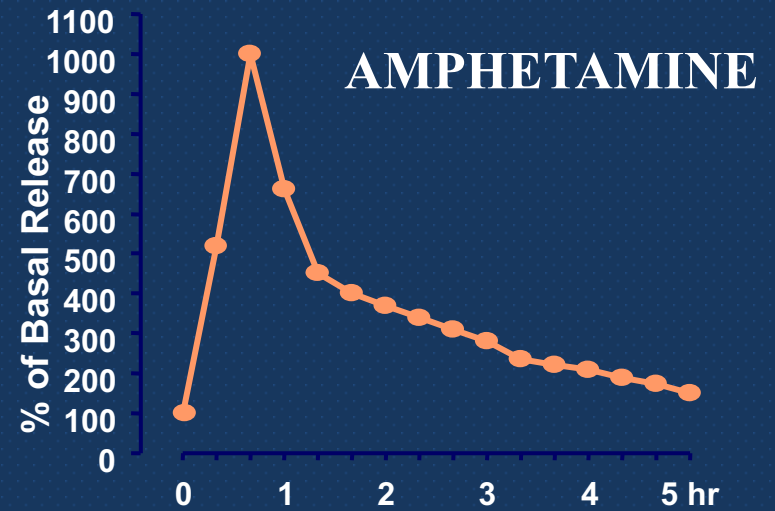
- Early onset  poor cognitive function, IQ decline (Pope 2003, Gruber 2011, Meier 2012, Scott 2018)
-  Anxiety (Crippa 2009)
-  Depression (Degenhardt 2003, Gobbi 2019 meta-analysis)
-  Suicidal ideation (Gobbi 2019)
-  Risk of psychosis (Kuepper 2011, Di Forti 2015)

Review of Cannabis and Psychiatric Disorders: Halah et al. Curr Addict Rep 2016

IT IS ADDICTIVE!

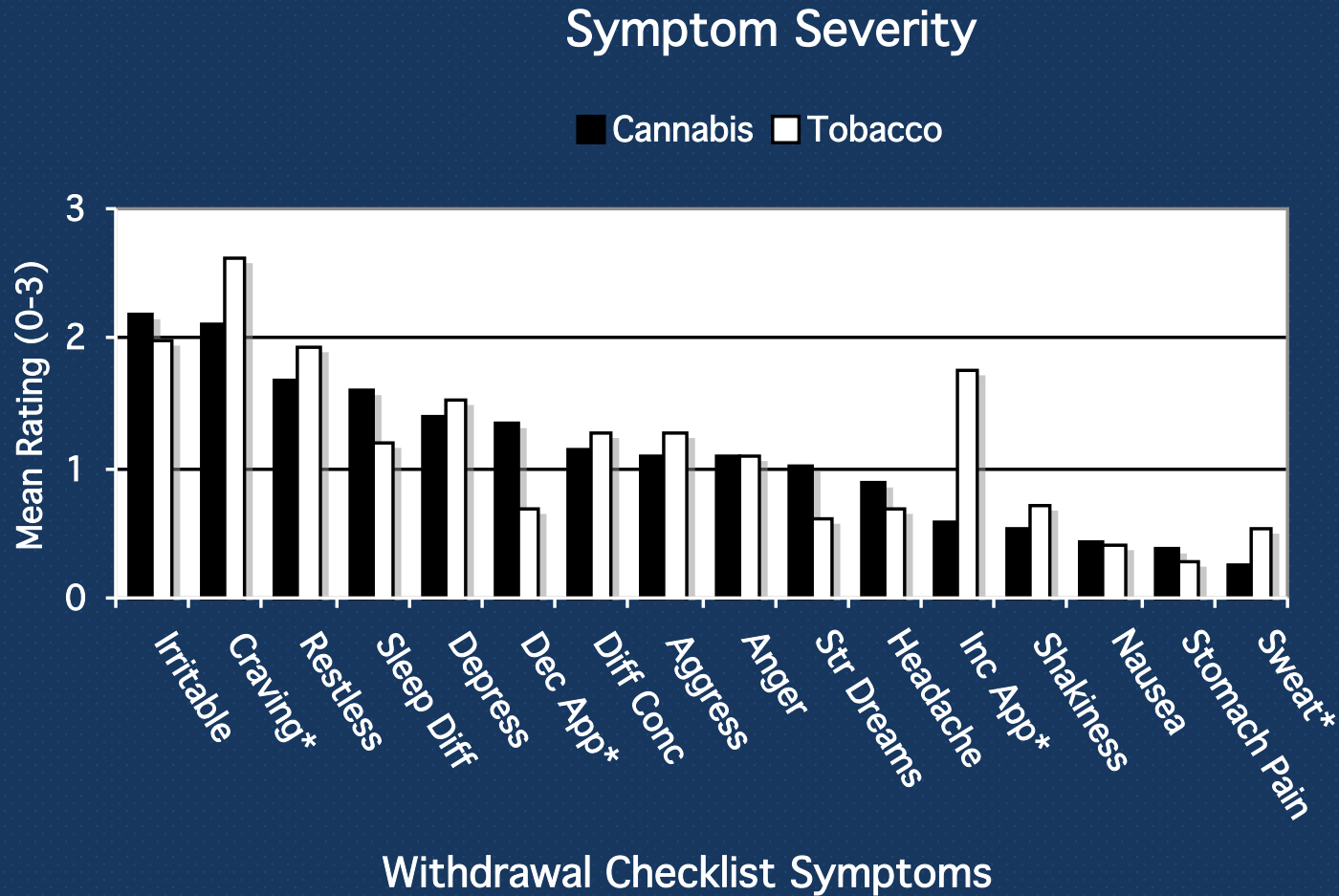


Drugs of abuse increase DA in the Nucleus Accumbens....triggers the neuroadaptations that result in addiction?



There is Withdrawal!

(Vandrey et al., 2005; Vandrey et al. 2008, Budney et al., 2009)





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3 students hospitalized after allegedly vaping marijuana at Colorado Springs middle school

Abbey Soukup abbey.soukup@gazette.com Oct 19, 2023 Updated 19 hrs ago



Treatment

How to have “the Conversation”

- Preparation.
- Conversation.
- Evaluation.
- Referral.



What to Look for

- Social problems caused by or worsened by cannabis or other substance.
- Gives up important activities.
- Use in dangerous situations.
- Use despite obvious physical, psychological problems.



Thorough Evaluation

- Motivational interviewing.
- Careful history.
- Alliance.
- Recommendations.





Evidence-
Based
Treatment

Treatment
Approach

Patient
Readiness

What does treatment look like?

- Most treatment is outpatient treatment.
- Get prospective patient to talk to somebody.
- Readiness/alliance work/family support.
- Medication if appropriate.

Critical Period

- We have done a good job of educating young people about alcohol and nicotine in the past and we need to act now to prevent a further increase in vaping.



Acknowledgments



Questions?