



Presented by Northeast Delta Dental

## Howl-O-Ween 5K run/walk to benefit Animal Rescue League NH

Sat. October 19, 2019 from 10am-12pm

Northeast Delta Dental Stadium  
1 Line Drive, Manchester, NH

For information about how to form a team, email  
Marianne: [mjones@rescueleague.org](mailto:mjones@rescueleague.org)

Event website: <https://www.rescueleague.org/howloween5k>

Registration website: <https://www.runreg.com/howloween5k>

**Clip this Ad for \$1 Off Admission for You & A Guest**

### JOIN US FOR THE BOW ROTARY CLUB ANNUAL AUCTION

Support, Drink and Bow Appetito!



#### Live and Silent Auctions

Saturday, November 2nd  
6 to 9 PM  
Bow Community Building  
3 Bow Center Road  
\$10.00 per person  
Light Italian Fare & Desserts

Thank You to Our Auction Sponsors!

Roberts & Greene, PLLC | Merrimack County Savings Bank | Advanced Siteworks | Berube's Truck Accessories | Bow Family Dentistry | Century 21—Circa 72, Inc. | Deepwood Lodges | Grappone Automotive Group | HEWS Company | Mason & Rich | ServePro of Concord | Utilit | Wells Fargo Advisors, LLC

**"Cash Prize Raffle" Tickets Available from Any Club Member**

Check us out at [bowrotary.org](http://bowrotary.org) or [Find us on Facebook](https://www.facebook.com/BowRotaryClub)

All proceeds benefit The Bow Rotary Club Foundation's Scholarship & Campership Programs and Other Community-Service Projects - "Help Us Help Others"



49 Hall Street  
Concord, NH.

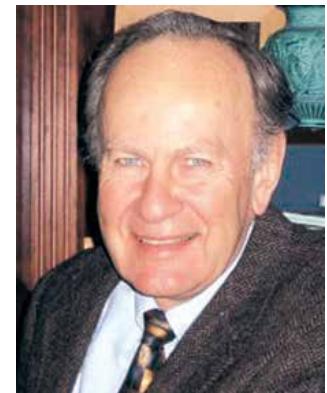
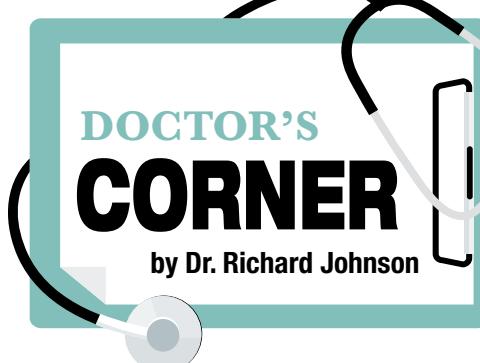
Breakfast 7-11 am  
Lunch 11 am. to 3:30 pm.

Dine In or Take Out

Open Monday—Saturday 7 am—3:30 pm  
**603-219-0278**

We're Back and Business is Great !

### Nina's Bistro



### E-CIGARETTES

I would hope that this article is not your first exposure to the world of e-cigarettes. If you get your news from TV, the printed page or from electronic media you have some awareness of this issue. As a healthcare professional I cannot let an opportunity to enhance public awareness pass me by.

What is an e-cigarette? Basically it is a device that delivers nicotine (and any other substance the manufacturer wants to add), by way of your lungs, into your body through an electronic process called vaping. This vaping device consists of a mouthpiece, a battery, a cartridge that contains the e-liquid, and a heating element that is powered by a battery. The battery heats up the heating element, which in turn changes the contents of the e-liquid into an aerosol, that is inhaled into the lungs. This is not water vapor, but rather an aerosol that contains many fine particles from the substances that are added to the e-liquid as well as particles from the heating element. The term 'vaping' is used because what is inhaled is a 'vapor' or aerosol, not 'smoke'. At the bare minimum the three main components of the liquid that is 'vaped' are flavors, sweeteners and solvents. The solvents (a substance that can dissolve other substances such as nicotine, and marijuana compounds) most used are vegetable glycerin and propylene glycol. So yes, vaping is not smoking and the 'good' part of that is that one is not inhaling the products of combustion, many of which have been found to be carcinogenic.

But, and here is the problem, it is the nicotine that is highly addictive, and it is the cigarette companies that are actively marketing e-cigarettes as an alternative to smoking. As long as they can keep you addicted and buying their products they are happy.

The next question is: are e-cigarettes safe to use? You may say, "So what if they are addictive, I don't care, as long as they don't affect my health." The reality is that we don't know what we don't know. The epidemic in lung cancer that occurred in the 1940s & 1950s was not believed to be due to smoking. As late as 1960 1/3 of US doctors believed that the case against cigarettes had not been established.

Since the first documented reference to a battery powered cigarette in 1930 to the very popular JUUL device today, there has been an increasing interest in producing and selling electronic vaping devices. There simply has not been enough research to prove there are health risks to e-cigarettes. But the evidence is starting to come in. Remember, the latency period for lung cancer for cigarette smokers is about 25 years. As of 1 October 2019 1,080-lung injury cases have been associated with vaping. There have been 18 deaths.

Let's not forget the economic gains that are made by companies selling products that addict, injure or kill you. (See my article in the April issue. In 2012 the British Medical Journal reported a study, which showed that by making only a penny in profit for every cigarette sold, the "value of a life to a cigarette maker is about \$10,000." Is selling your body to a cigarette company for \$10,000 the legacy you want to leave behind? Vaping is increasing in young people. In February of 2019 the NIH reported that 2/5 12th graders were vaping. I suspect that companies will make much more than \$10K from their addicted and damaged bodies. For more information visit: [https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)



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