
Jefferson Cardiology Association Happenings

Controversy About E-Cigarettes

At the recent American Medical Association (AMA) convention, physicians strongly opposed the marketing and sales of electronic, e-cigarettes to minors and supported regulation of marketing of tobacco and drug delivery devices.

Battery operated devices that vaporize nicotine are being marketed as a socially acceptable and healthier alternative to smoking.

There has been particular concern about this product being used by children that can lead to nicotine poisoning. Pediatricians report that children have been attracted to the bubble gum and fruit flavors of e-cigarettes and may lead to nicotine poisoning. According to the Centers For Disease Control and Prevention, the number of calls to poison centers involving e-cigarettes rose from 1 per month in September 2010 to 215 per month by February 2014. Tighter controls have been urged by physicians to establish minimal age for purchasing as well as childproof packing and require stronger product label warnings.

There are reports that the use of e-cigarettes are skyrocketing. It has been reported that in the past 2 years, use of e-cigarettes has climbed from 2% to 14% of the population. Users have included current smokers, past smokers and newer smokers.

Do e-cigarettes help smokers stop smoking? A recent study of 1549 smokers demonstrated that e-cigarette use was not associated with any change in cigarette consumption at 1 year. Another study published in the *American Journal of Preventive Medicine* showed that e-cigarette use was not associated with

greater rates of cigarette cessation or reduction in cigarette consumption after one year of use.

In short, there is a growing collection of evidence that e-cigarette use does not lead to cigarette cessation and may encourage non smokers to start smoking. There are voices in the medical community demanding the regulation of e-cigarettes with prevention of sales to minors and prevention of advertising that e-cigarettes help persons stop smoking.

Benefits of Treating Sleep Apnea

Recent clinical research studies studied the benefit of treatment of sleep apnea with continuous positive pressure, CPAP, and oxygen. When comparing effects on blood pressure, CPAP lowered blood pressure 2.8mm mercury more than oxygen did. CPAP also had similar effects compared with weight loss in reducing a marker of inflammation, C-reactive protein.

The combination of CPAP plus weight loss best reduced insulin resistance, triglycerides and blood pressure. In one study, 90 people who lost 5% of baseline weight and used CPAP at least 4 hours per night on 70% of nights had greater than 10 mm Hg blood pressure drop compared with a 5mm mercury with weight loss alone.

Epidemic of Diabetes

A recent report from the Center for Disease Control and Prevention, CDC, revealed the extent of the diabetes epidemic. Currently 29 million Americans have diabetes compared to 26 million in 2010. Another 86 million adults have pre-diabetes with elevated blood glucose values but not high enough to meet criteria for type 2 diabetes. Without weight loss

and moderate physical activity 15-30% of those with pre-diabetes will develop type 2 diabetes within 5 years.

Other important findings reveal that 1.7 million people aged 20 or above were diagnosed as having diabetes in 2012. Also 208,000 persons under the age of 20 have type 1 diabetes. Groups such as non Hispanic blacks, Hispanics, American Indians and Alaskan Eskimos are twice as likely as non Hispanic Whites to develop diabetes.

It is recognized that diabetes can be managed with physical activity, diet and appropriate medications to control blood sugar levels. Also critical is management of high blood pressure, cholesterol and avoidance of tobacco. As is well known, diabetics are at increased risk for blindness, heart disease, stroke, kidney failure, amputation and premature death.

A Swedish report indicated that those who ate the most processed meat had a 28% increase in heart failure and twice the risk of dying over 12 years compared to those who are the least. The highest intake was equivalent to a 75gm jumbo frankfurter. Another study demonstrated that for every 50gm rise in daily processed meat intake there was an 8% increase in heart failure and a 38% rise in death over a 12 year period. No such trends were seen with unprocessed meats.

With the attractions of summer barbeques, this information should offer reasons for moderation

Happy Birthday

Please join us in wishing our senior partners, Dr. Bramowitz and Dr. Lemis a very happy birthday. Congratulations to both of you.

Processed Meat and Heart Failure

Strawberry-Basil Salad with Balsamic Vinaigrette

3 tablespoons olive oil
½ teaspoon salt
1/8 teaspoon freshly ground black pepper
½ cup vertically sliced Vidalia onion

3 tablespoons balsamic vinegar
8 cups torn romaine lettuce
2 cups sliced strawberries
¼ cup torn fresh basil

1. Combine olive oil, balsamic vinegar, salt and black pepper in a large bowl; stir well with a whisk. Add romaine lettuce, sliced strawberries, sliced onion and torn basil; toss gently to coat. Serve salad immediately. Yield: 6 servings (serving size ½ cups).

Nutritional facts: Calories 102; Fat 7.2g (1g sat, 5g mono, 0.9 poly); Protein 1.5g; Carb 9.1g; Fiber 2.9g; Cholesterol 0g; Iron 1.1mg; Sodium 206mg; Calcium 41mg

A publication of Jefferson Cardiology Association
Alan D. Bramowitz, M.D. Peter M. Lemis, M.D. Michael S. Nathanson, M.D. Gennady Geskin, M.D.

Jefferson Hospital Medical Building
Suite 464, Coal Valley Road
Clairton, Pa 15025

Belle Vernon Office
1533 Broad Ave Ext. Suite 200
Belle Vernon, Pa 15012

TEL:(412) 469-1500
FAX:(412) 469-1531

E-mail: info@jeffersoncardiology.com

<http://www.Jeffersoncardiology.com>