

My name is Diane E. Stover MD and I am Professor Emeritus at Memorial Sloan Kettering Cancer Center -Cornell-Weill Medical College NY,NY. I just relocated to Massachusetts.

I have spent 45 years at this Institution most of which was as Head of the Pulmonary Department. Over these years I saw the devastating effects of smoking and nicotine addiction on patients ranging from poor quality of life with shortness of breath to severe COPD to lung cancer to painful deaths. When you cannot breathe nothing else matters!

Now we have a relatively new serious health plague affecting our young-vaping! Although we do not know the long term effects of vaping, there are very disturbing data now emerging that involves its harmful effects on the developing brain as well as possible long term effects from DNA damage.

The NFG policy seeks to free present and future generations from nicotine addiction and its horrific affects on their health and quality of life. [The benefits of](#) making nicotine use/addiction a thing of the past and protecting our young people from using these harmful products outweigh any possible drawbacks. For these reasons I am in full favor of enacting this bill.

HERE IS SOME INFORMATION ABOUT E CIGARETTES AND VAPING IN TEENAGERS AND YOUNG PEOPLE---

It is known that nicotine affects the developing brain in many ways (it is thought that it takes 22-25 years for the brain to fully develop and differs between individuals and the sexes)--- in young people nicotine impacts learning making it harder to concentrate, it can cause mood swings including depression and anxiety, can lead to impulsive behavior including other illicit drug use, memory problems and attention disorders(ADHD) among other things.

Although the long term effects from vaping are not known and are being studied there is growing evidence in animals that chemicals in vaping products (excluding tobacco which we know is carcinogenic) like nicotine, formaldehyde, and some metals as well as flavorants cause DNA damage leading to an increase risk of developing cancer especially lung cancer.

BELOW ARE SOME OF THE STUDIES THAT REPORT THAT E -CIGARETTES AND VAPING LIKELY ARE ASSOCIATED WITH MENTAL HEALTH PROBLEMS IN YOUNG PEOPLE INCLUDING ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD), POOR ACADEMIC PERFORMANCE AMONG OTHERS.

Thank You

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Grant JE, Lust K, Fridberg DJ, King AC, Chamberlain SR. E-Cigarette Use (Vaping) is Associated with Illicit Drug Use, Mental Health Problems, and Impulsivity in University Students. Ann Clin Psychiatry Off J Am Acad Clin Psychiatr. 2019 Feb;31(1):27-35.

Kaplan B, Marcell AV, Kaplan T, Cohen JE. Association between e-cigarette use and parents' report of attention deficit hyperactivity disorder among US youth. Tob Induc Dis. 2021 Jun 4;19:44.

Dearfield CT, Chen-Sankey JC, McNeel TS, Bernat DH, Choi K. E-cigarette initiation predicts subsequent academic performance among youth: Results from the PATH Study. Prev Med. 2021 Dec 1;153:106781.

