

Why Physician Intervention is Important

- Electronic cigarettes – also known as e-cigarettes, e-cigs, vape pens and vapes – have not been around long enough to determine their long-term health effects.
- Studies have found harmful chemicals in some e-cigarettes. These substances include traces of metal, volatile organic compounds, and nitrosamines, which are carcinogenic.^[1]

Not a Proven Cessation Tool

- E-cigarettes are not approved quit aids by the Food and Drug Administration. There are seven FDA-approved cessation aids and medications that are proven safe and effective when used as directed.^[2]
- Tobacco Free Florida offers free cessation services that can increase your patients' chances of quitting by five times.^[3]
 - » These services provide free FDA-approved nicotine replacement therapy (NRT), if medically appropriate and while supplies last.
 - » Floridians who want to quit smoking are encouraged to find the cessation service that works best for them at tobaccofreeflorida.com.

Dual Use with Conventional Cigarettes

- Approximately three out of four e-cigarette users continue to smoke conventional cigarettes as well, which is called "dual use."^[4]
- Dual use is not an effective way to safeguard one's health.^[5] Even people who smoke fewer than five cigarettes a day may show signs of early heart disease.^[6]

E-Cigarettes and Youth

- Monthly poison control calls about exposure to liquid nicotine have increased dramatically. In just a few years, calls per month increased from one to 215.^[7]
- In Florida, the number of high school students who were current e-cigarette users tripled from 5.4 percent in 2013 to 15.8 percent in 2015.^[8]
- There is evidence that adolescents who use e-cigarettes are more likely to start smoking cigarettes.^{[9][10]}
- Adolescent bodies are more sensitive to nicotine, and adolescents are more easily addicted than adults.^[11] Because the adolescent brain is still developing, nicotine use during adolescence can disrupt the formation of brain circuits that control susceptibility to addiction.^[12]

**For more information on how to help your patients quit tobacco,
visit tobaccofreeflorida.com/healthcare-provider.**

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[3] Professional Data Analysts. "BTFF Tobacco Cessation Evaluation FY15 Synthesis Report." 15 February 2015.

[4] King, Patel, Nguyen, and Dube. Trends in Awareness and Use of Electronic Cigarettes among U.S. Adults, 2010 -2013 *Nicotine Tob Res* ntu191 first published online September 19, 2014 doi:10.1093/ntr/ntu191.

[5] Centers for Disease Control and Prevention. "Transcript for CDC press briefing: CDC launches powerful new ads in "Tips From Former Smokers" campaign." 26 March 2015. Web. Last Assessed 24 July 2015. <http://www.cdc.gov/media/releases/2015/t0326-tips.html>.

[6] U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.

[7] Chatham-Stephens, Kevin, et al. "Notes from the Field: Calls to Poison Centers for Exposures to Electronic Cigarettes — United States, September 2010–February 2014." *Morbidity and Mortality Weekly Report*. Centers for Disease Control and Prevention, 04 Apr. 2014. http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6313a4.htm?s_cid=mm6313a4_w.

[8] Florida Youth Tobacco Survey (FYTS), Florida Department of Health, Bureau of Epidemiology, 2015.

[9] Thomas A Wills, Rebecca Knight, James D Sargent, Frederick X Gibbons, Ian Pagano, Rebecca J Williams Longitudinal study of e-cigarette use and onset of cigarette smoking among high school students in Hawaii. *Tob Control* doi:10.1136/tobaccocontrol-2015-052705.

[10] Coleman BN, Apelberg BJ, Ambrose BK, et al. Association between electronic cigarette use and openness to cigarette smoking among US young adults. *Nicotine Tob Res*. 2015; 17(2):212-218.

[11] U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

[12] England, L. et al. Nicotine and the Developing Human: A Neglected Element of the E-cigarette Debate. *Am J Prev Med*. 2015 Mar 7. [Epub ahead of print].