

Talking Points on Electronic Cigarettes



Not a Proven Cessation Aid

- ▶ E-cigarettes are not quit aids approved 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:^[1]
 - ▶ Three types of nicotine replacement therapy (NRT) are available without a prescription: patch, gum and lozenge.
 - ▶ Two types of nicotine replacement therapy are available with a prescription: nicotine inhaler and nasal spray.
 - ▶ There are two non-nicotine prescription medications: Bupropion (commonly known by the brand name Wellbutrin) and Varenicline (commonly known by the brand name Chantix).
- ▶ Evidence-based cessation counseling and FDA-approved NRT together can double to triple a smoker's chances of successfully quitting.^[2]
- ▶ As a health care provider, Tobacco Free Florida encourages you to talk to your patients about quitting tobacco, and refer them to an evidence-based resource like Tobacco Free Florida.
- ▶ Tobacco Free Florida offers cessation resources that can increase your patients' chances of quitting by five times.^[3]
 - ▶ These services provide free FDA-approved NRT patches, if medically appropriate and while supplies last.
 - ▶ Floridians who want to quit smoking are encouraged to find the cessation services that work best for them at tobaccofreeflorida.com.

Dual Use with Conventional Cigarettes

- ▶ The Centers for Disease Control and Prevention estimates that the majority of e-cigarette users—about three out of four—are still smoking conventional cigarettes, which is called “dual use.”^[4]
- ▶ Dual use is not an effective way to safeguard health.^[5] Even people who smoke fewer than five cigarettes per day may show signs of early heart disease.^[6]

Dangers of Nicotine

- ▶ Nicotine—inhaled, ingested or in direct contact with the skin—can be particularly hazardous to the health and safety of certain segments of the population, such as children, young people, pregnant women, nursing mothers, people with heart conditions and the elderly.^[7]
- ▶ Many e-cigarette users refill their own cartridges, which may be unsafe because it involves dealing with potentially dangerous concentrations of nicotine.^[8]
- ▶ One teaspoon of liquid nicotine could be lethal to a child, and smaller amounts can cause severe illness, often requiring trips to the emergency room.^[9] Less than a tablespoon, at high concentrations, can kill an adult.^[10]

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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.
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7. World Health Organization (WHO). Questions and answers on electronic cigarettes or electronic nicotine delivery systems (ENDS). (10 Jul 2013). http://www.who.int/tobacco/communications/statements/electronic_cigarettes/en/index.html.
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