

Public Health Advisory for Providers about E-Cigarettes

The New Hampshire Department of Health and Human Services calls attention to the potential harms of using electronic cigarettes, including nicotine addiction and exposure to chemicals.

E-cigarettes, also called personal vaporizers, vape pens, e-cigs, e-hookah, or vaping devices, are products that produce an aerosolized mixture containing flavored liquids and nicotine that is inhaled by the user. Health care professionals play a key role in educating patients on maintaining lung health by reducing exposure to lung irritants and using proven effective and safe smoking cessation medications.

The New Hampshire Department of Health and Human Services urges health professionals to recommend FDA-approved quit methods to their patients, available free through 1-800-Quit-Now, and educate parents and patients on the potential harms of e-cigarettes.

E-cigarettes are not a Food and Drug Administration-Approved Cessation Medication.

- Current smokers and e-cigarette users should be advised to quit and be offered support.
- Refer users to cessation resources offered by their health insurance plan including access to FDA approved cessation medications.
- The **American College of Physicians** has warned that there is insufficient evidence that e-cigarettes help people quit smoking.¹
- A study in the **American Journal of Public Health** found that smokers who used

e-cigarettes were 59 percent less likely to quit smoking than smokers who had never used e-cigarettes.²

Liquid in E-cigarettes is Not Harmless. E-cigarettes aerosolize a solution of concentrated liquid nicotine and toxic chemicals.

- Nicotine is a highly addictive neurotoxin that affects the cardiovascular and central nervous systems, causing blood vessel constriction and increasing blood pressure.³
- E-cigarette use can cause lung irritation and inflammation similar to conventional cigarettes.⁴
- The FDA tested and found that e-cigarette samples contained tobacco-specific nitrosamines and toxic chemicals.⁵

Recommendations for Providers: Advise Parents, Youth and the Public

E-cigarettes contain nicotine, a highly addictive substance that is especially harmful to youth and pregnant women. E-cigarette users may also be exposed to toxins.

Encourage Cessation Recommend Proven Quit Aids

Refer users to 1-800-Quit-Now services to receive free phone, in-person, or online cessation support and free Nicotine Replacement Therapy.

Educate about Clean Indoor Air

There is potential harm of secondhand exposure from aerosol emissions, especially for children.

Youth Use is Rising Rapidly.

E-cigarette use among youth has steadily increased and nicotine use negatively affects youth brain development.

- From 2011-2014, past 30 day use of e-cigarettes increased nine-fold for high school students in the U.S. (1.5% to 13.4%). In 2014, the rate of e-cigarette use among high school students was higher than for conventional cigarettes (13.4% and 9.2%, respectively).⁶
- The **American Academy of Family Physicians** is concerned that e-cigarettes are a gateway for youth nicotine addiction.⁷
- The **American Academy of Pediatrics** warns that nicotine is highly addictive and adversely affects brain development from the time a child is in utero into adolescence.⁸

¹ Crowley, R.A., for the Health Public Policy Committee of the American College of Physicians. (2015). Electronic Nicotine Delivery Systems: Executive Summary of a Policy Position Paper From the American College of Physicians. *Ann Intern Med*, 162, 583-584.

² Galindo, Y. (2015) Smokers who use e-cigarettes less likely to quit [Press release]. Retrieved from <https://health.ucsd.edu/news/releases/Pages/2015-04-16-smokers-less-likely-to-quit-with-ecigs.aspx>

³ C Everett Koop, M. D. (1988). *Health Consequences of Smoking: Nicotine Addiction a Report of the Surgeon General 1988*. DIANE Publishing.

⁴ Offermann, F. (2014). The Hazards of E-Cigarettes. *ASHRAE JOURNAL*, 56(6), 38-44.

⁵ FDA. (2014). Summary of Results: Laboratory Analysis of Electronic Cigarettes Conducted by FDA. Retrieved from: <http://www.fda.gov/NewsEvents/PublicHealthFocus/ucm173146.htm>.

⁶ Centers for Disease Control and Prevention. Tobacco Use Among Middle and High School Students –United States, 2011-2014. *MMWR* 64(14); 381-385.

⁷ American Academy of Family Physicians. (2015). Electronic cigarettes. Retrieved from:

<http://www.aafp.org/about/policies/all/e-cigarettes.html>.

⁸ American Academy of Pediatrics. (2015). State Advocacy Focus E-Cigarettes. Retrieved from: <https://www.aap.org/en-us/advocacy-and-policy/state-advocacy/documents/e-cigarettes.pdf>

If you have questions, please contact the New Hampshire Tobacco Prevention and Cessation Program: 1-603-271-6891 or TPCP@dhhs.nh.gov.