

The Vermont Department of Health urges health professionals to recommend FDA-approved quit methods to their patients.

The Health Department calls attention to the danger of using electronic cigarettes or e-cigarettes, including nicotine addiction and exposure to chemicals, especially for youth and young adults, those who are pregnant and non-tobacco users. E-cigarettes, often referred to as vaping products, produce an aerosolized mixture – typically containing flavored liquids and nicotine – that is inhaled. Health care providers play an important role in educating patients on reducing exposure to potential toxins using proven effective and safe smoking cessation medications.



Do E-Cigarettes Help with Quitting?

The FDA does not recognize e-cigarettes as a device to help quit smoking. In the United States Preventive Services Task Force Recommendations there is limited evidence that e-cigarettes may be effective aids to promote smoking cessation.ⁱ

FDA-approved nicotine replacement therapy (NRT) for adults are transdermal nicotine skin patches, nicotine chewing gum, nicotine lozenges, Bupropion, Chantix, Zyban and Nicotrol nasal spray and oral inhaler.

The Centers for Disease Control and Prevention cautions adults from continuing to smoke combustible cigarettes while using e-cigarettes to quit smoking, called *dual use*. Dual use raises risk of respiratory harm compared to single use of productsⁱⁱ.

Adults who are not currently using a tobacco product should not start using an e-cigarette. In addition to risk of addiction to nicotine and exposure to toxic chemicals, there is potential harm from secondhand aerosol emissions.



Support Patients in All Quit Attempts

E-cigarettes have the potential to benefit adult smokers if used as a complete substitute for cigarettes and other smoked tobacco products. Because smoking even a few cigarettes can be dangerous to health, quitting smoking completely is identified as very important to protect a patient's health.ⁱⁱⁱ

Some patients may prefer e-cigarettes as a method to reduce and quit using cigarettes. Health care professionals are advised to support all combustible tobacco quit attempts by patients and work with them to achieve cessation of any tobacco product use, including e-cigarettes.^{iv} The Vermont Quitline, 802Quits, provides evidence-based treatment, with free 24/7 coaching and NRT to assist your patients in becoming tobacco-free.



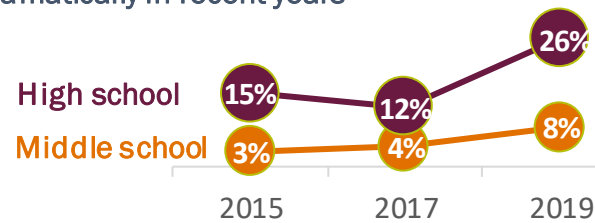
E-Cigarettes: Never Safe for Youth or Young Adults

Nicotine exposure during adolescence can impact brain development, learning, memory and attention, and increase risk for future addiction to other drugs.^{iii,iv} From the Vermont [Youth Risk Behavior Survey data](#), young people who use e-cigarettes may be more likely to smoke cigarettes in the future.



The FDA and leading health organizations call upon clinicians and care teams to regularly screen for use of any tobacco product, including e-cigarettes. Encourage parents to discuss the risks of tobacco product use and potential addiction with their children and teens.

E-cigarette use among Vermont students rose dramatically in recent years



Recommendations for Providers

Educate parents, youth and the public.

E-cigarettes typically contain nicotine, a highly addictive and toxic substance that is especially harmful to youth, young adults and people who are pregnant. Harmful ingredients include ultrafine particles, heavy metals and flavorings such as diacetyl, a chemical linked to serious lung disease. The Vermont Children's Health Program developed a [Provider Toolkit](#) to assist primary care practices in addressing youth vaping.

Encourage cessation using proven quit aids.

Regularly screen, advise and refer patients to counseling and FDA-approved NRT, available through private insurance, or at no cost to Medicaid members and Vermonters enrolled in 802Quits programs at 1-800-QUIT-NOW or 802quits.org. Providers can prescribe NRT for their adolescent patients to support successful quitting. For youth tobacco treatment clinical guidance: [Nicotine Replacement Therapy and Adolescent Patients: Information for Pediatricians](#).

Support patients in their quit attempts.

Visit 802quits.org/providers for free materials and resources, including easy referral methods to support your patients in quitting tobacco products.

ⁱ[United States Preventive Services Task Force Recommendations](#) (2021)

ⁱⁱAmerican Journal of Respiratory and Critical Care Medicine (2020). [Respiratory Symptom Incidence Among People Using Electronic Cigarettes, Combustible Tobacco, or Both](#). Reddy et al.

ⁱⁱⁱCenters for Disease Control and Prevention (2019). [Electronic Cigarettes, What's the Bottom Line?](#)

^{iv}American Cancer Society. (2019). [Position Statement on Electronic Cigarettes](#).

^vOffice of the Surgeon General. (2016). [E-cigarette Use among Youth and Young Adults: A Report of the Surgeon General](#). Washington, DC: US Department of Health and Human Services, Centers for Disease Control and Prevention.