Disclosures

No financial relationships to disclose.
Presentation Objectives

- Discuss electronic cigarettes
- Identify known health risks
- Identify cessation resources
Vaping is an Epidemic
Electronic Nicotine Delivery Systems


• Products are non-combustible
• Products produce an aerosol by heating a liquid known as e-juice
• Products can resemble traditional cigarettes and cigars or common household items such as pens

Source: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html
Electronic Nicotine Delivery Systems

Source: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf
Electronic Nicotine Delivery Systems

- **Cig-a-Like**: E-cigarettes came onto the market around 2007. Most delivered nicotine and were disposable.
- **Variations**: Variations on the first e-cigarettes included products like e-hookah and rechargeable versions.
- **Vape Pens**: These have batteries that can reach higher temperatures, have refillable e-liquid cartridges, and allow users to regulate the frequency of inhalations.
- **Mods**: Large size, modifiable e-cigarettes allow for more aerosol, nicotine, and other chemicals to be breathed into the lungs, at a faster rate.
- **Pod-Based**: These e-cigarettes are shaped like USBs and contain pods with higher amounts of nicotine than previous generations.

Tobacco Prevention Toolkit
Division of Adolescent Medicine, Stanford University
For more information go to: www.tobaccopreventionToolkit.stanford.edu
Electronic Cigarette Components

LED: Lights up when the smoker draws on the cigarette
Microprocessor: Controls heater and lighter
Battery
Sensor: Detects when smoker takes a drag
Heater: Vaporises nicotine
Cartridge: Holds nicotine dissolved in propylene glycol

Source: https://med.stanford.edu/tobaccocontroltoolkit/E-Cigs.html
Common E-Juice Ingredients

- Nicotine
- Flavoring
- Glycerin
- Propylene glycol

Sources: https://www.drugwatch.com/e-cigarettes/
https://ecigarettereviewed.com/best-e-juice
Vaping

• The act of inhaling and exhaling through the lungs
• Can refer to any electronic delivery device, such as e-cigs, vape pens, pods and mods
• The word can often lead users to believe that the devices produce a harmless water vapor
• Products can also frequently be used to consume canibus

Sources: https://www.centeronaddiction.org/e-cigarettes
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
What’s in E-Cigarette Aerosol?

Source: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html
Nicotine

- Most electronic cigarettes contain nicotine
- Highly addictive drug
- Harms brain development that controls attention, learning, mood and impulse control
- Increases risk for future addiction to other drugs

Nicotine Salts

Nicotine salts allow particularly high levels of nicotine to be inhaled more easily and with less irritation than free base nicotine.

Source: https://www.cdc.gov
Flavorings

• Cigar
• Electronic cigarettes
• Smokeless tobacco
• Hookah
• Cigarettes

Source: Truth Initiative survey of 1,541 12 to 24 year-olds conducted between April 3-9, 2018
Marketing To Youth

- 70% of teens visit a convenience store at least once a week. Over 99% of convenience stores in the United States sell cigarettes and vaping products.
- If you vape, you’re 4x more likely to start smoking cigarettes.
- From 2012 through 2016, e-cigarette unit sales in the United States generally increased as product prices decreased. Nationally, the average monthly e-cigarette sales rate as summed across all product types sold increased by 132% during this timeframe.


Health Risks

Severe Lung Disease among People Who Reported Vaping

The Georgia Department of Public Health (DPH) is investigating cases of severe lung disease among people who all reported recent vaping. DPH is collaborating with the Centers for Disease Control and Prevention (CDC) and other state health departments as part of a national investigation.

- As of (01/13/2020) DPH has identified 41 cases of vaping-associated illness in Georgia, including 6 deaths. Other possible cases are being reviewed.
- Cases range in age from 14 to 68 years (the median age is 32 years), and 62% are male.
- Cases experienced severe respiratory symptoms including cough and shortness of breath. Cases also reported experiencing fever, fatigue, chest pain, nausea, vomiting, and diarrhea.
- Most cases have been hospitalized and have required respiratory support.
- Cases have reported vaping a variety of substances, including nicotine, THC and CBD products.
- Clinicians who become aware of cases similar to those described above should report them to the Georgia Poison Center at 1-800-282-5846.
- Current clinical guidance (updated 12/19/2019) can be found on the CDC website

Source: https://dph.georgia.gov/vapinglunginjury
Health Risks

- Respiratory Symptoms
  - Cough
  - Shortness of breath
  - Chest pain

- Gastrointestinal Symptoms
  - Nausea
  - Vomiting
  - Diarrhea

- Other Symptoms
  - Fatigue
  - Fever
  - Abdominal pain

Source: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease/need-to-know/index.html
Safety Risks

- Defective electronic batteries have caused explosions and fires
- Exposure to electronic cigarette liquid through swallowing, breathing or absorbing through skin or eyes has increased calls to poison centers

Sources: American Association of Poison Control Centers
What’s the bottom line?

• Electronic cigarettes are not safe for youth, young adults, pregnant women, or adults who do not currently use tobacco products
• Electronic cigarettes are not approved by the FDA as a quit smoking aid
• Be Tobacco Free!

Source: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html
Nicotine Treatment

• Chronic Disease
  o disease or condition that usually lasts for 3 months or longer and may get worse over time

• Telephone quitlines, texting and phone apps

• Online websites

• Classes, individual treatment and inpatient treatment

Percent of Current High School Smokers who tried to quit smoking, Georgia, 2017

![Bar graph showing percentage of high school smokers who tried to quit and those who did not.](image)

- Tried to quit: 57%
- Not tried to quit: 44%
Percent of Current High School Smokers who were advised not to Smoke by a Health Professional, Georgia, 2017

Source: Chung, A., Bayakly, R. 2018 Electronic Cigarette Use among Youth in Georgia. Georgia Department of Public Health, Health Protection, Epidemiology, Chronic Disease, Health Behaviors and Injury Epidemiology Section, April 2018
Georgia cAARds Referral Program

- The Georgia cAARds referral program is a modified version of the Public Health Service Treating Tobacco Use and Dependence Clinical Guidelines “5A’s“Model.

- The “5A’s” Model is an evidence-based model that can assist the clinical team in treating tobacco dependence in patients.

  - **Ask** – Identify and document tobacco use status at every visit.
  - **Advise** – Urge every tobacco user to quit.
  - **Assess** – Ask if they are ready or willing to quit?
  - **Assist** – Provide patients willing to make a quit attempt with coaching, pharmacotherapy.
  - **Arrange** – Schedule follow-up within a week after their quit date.
GA cAARds - Refer patients to the Quit Line

Georgia cAARds – The letters AAR in the acronym cAARds represents the Ask, Advise, Refer clinical intervention for treating tobacco use and dependence.

- **Ask** – Identify and document tobacco use status at every visit.
- **Advise** – Urge every tobacco user to quit.
- **Refer** – Direct tobacco user to the Georgia Tobacco Quit Line for a free “Quit Kit,” individualized plan, and behavioral coaching.

1-877-270-STOP (7867)
What is the Georgia Tobacco Quit Line?

- The Georgia Tobacco Quit Line is a free telephone cessation service that is available to all Georgia residents 13 years and older.
- Addresses the use of ALL tobacco products, including the use of electronic cigarettes.
- Callers are connected with a trained Quit Coach to set a quit date.
- Quit coaches are available 24/7 for support during their quit attempt.

**GTQL Toll free numbers:**

- English: 1-877-270-STOP ((1-877-270-7867)
- Spanish: 1-877-2NO-FUME (1-877-266-3863)
- Hearing impaired: 1-877-777-6534
How does the Quit Line work?

1. Registration
   • Demographics collected, description of service, materials shipped
   • Transferred to Quit Coach

2. Intervention
   • Tobacco use history, quit plan, quit date
   • Medication assessment

3. Follow-up
   • Support calls from the Quit Line,
   • Medication support
   • Follow up at 7 months
Georgia Tobacco Quit Line Services

- Unlimited coaching
- Quit Guides
- Written materials for family or friends
- Website enrollment
- Text2Quit
- Free Nicotine Replacement Therapy (NRT)

Source: https://www.quitnow.net/georgia
Georgia Tobacco Quit Line - Access

- Provide Georgia Tobacco Quit Line brochures and materials to youth, family members or staff
- Fax refer youth **who are ready to quit**
- Brochures, fax form, fact sheets are available on the DPH website

Source: https://dph.georgia.gov/ready-quit
Nicotine Replacement Therapy (NRT)

- Free 4-week supply of NRT (gum, patches, etc.)
  - Quit date
  - Multiple call enrollment
- Health care provider authorization may be required for some patients
- NRT not approved for callers under the age of 18
Engaging Tobacco Users: Tips For Health Care Providers in Georgia

Health care providers play a critical role in helping Georgians become tobacco free. **Engaging Tobacco Users: Tips for Health Care Providers** is an online training program for providers in Georgia. The training is approved by the American Academy of Family Physicians.
Smokefree.gov

• Smoke Free Teen
  • Risks of Tobacco
  • Tobacco Triggers

• Tools and Tips

Source: https://smokefree.gov/
Resources
Resources

• GA Department of Public Health
  ➢ Tobacco Use Surveillance: http://dph.georgia.gov/georgia-tobacco-use-surveillance
  ➢ Ready to Quit: https://dph.georgia.gov/ready-quit

• CDC
  ➢ Electronic Cigarettes: https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm
  ➢ Healthcare Provider Resources: https://www.cdc.gov/tobacco/basic_information/for-health-care-providers/index.html

Contact Information

**Colleen Commons, TTS, CHES**
Tobacco Cessation Program Manager
Colleen.commons@dph.ga.gov
404-657-2491

**Alesha Wright, DrPH**
Preventing Youth Tobacco Initiation Program Manager
Alesha.wright@dph.ga.gov
404-651-5436

**GTQL Toll free numbers:**
- English: 1-877-270-STOP ((1-877-270-7867)
- Spanish: 1-877-2NO-FUME (1-877-266-3863)
- Hearing impaired: 1-877-777-6534
Competency Questions

1. Electronic cigarettes are devices that produce nicotine in the form of a..?
   a) Aerosol
   b) Water vapor
   c) Liquid
   d) Steam

2. Which is a short-term health risk of vaping?
   a) Brain development
   b) Addiction
   c) Shortness of breath
   d) Seizure
Competency Questions

3. The Georgia Tobacco Quit Line offers what form of Nicotine Replacement Therapy free for qualifying callers?
   a) Nicotrol Nasal Spray
   b) Chantix
   c) Nicorette Gum
   d) Nicotrol Inhaler

4. A patient who is ready to quit tobacco/vaping should be referred to the Georgia Tobacco Quit Line by...
   a) Completing a fax referral form
   b) Providing patient with the Quit Line number
   c) None of the above
Competency Questions

5. What can a health care provider do to address vaping among patients?
   a) Ask about vaping when screening patients for tobacco product use
   b) Advise patient to quit by educating about the risks of tobacco product use
   c) Refer patient to the Georgia Tobacco Quit Line
   d) All of the above