

TO VAPE OR NOT TO VAPE

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Background of the Problem

- Cigarette smoking is the leading preventable cause of death in the U.S.
- Cost associated is estimated \$300 billion yearly
- Cigarette smoking has decreased and electronic nicotine devices (ENDS) increased among adolescents
- Electronic cigarettes (e-cigs) usage have grown the fastest in the U.S.
- Pregnant women believe that e-cigs are safer than traditional cigarettes

Objectives

- Identify components and function of ENDS or e- cigs.
- Compare use of ENDS for nicotine replacement and smoking cessation.
- Discuss use of ENDS among pregnant women and pediatric population.
- Discuss recommendations for future research relating to ENDS usage by specialty populations and as a smoking cessation tool.

Electronic Nicotine Delivery Systems

- Battery- produces the electric charge for heating
- Cartomizer- heats and vaporizes the e-liquid
- Cartridge- holds the e-liquid
- Mouthpiece- used for inhaling solution

(Maloney et al.,2016)

(Selekman, 2019)

Components



COMPARISON

Tobacco

- Cigarette smoke-7,000 chemical 69 cause cancer
- Tobacco-primary ingredient carcinogen
- Tar- sticky black liquid that sticks to lung tissue
- Nicotine- most addictive-promote release of acetylcholine

Electronic Cigarettes

- Liquid- made by removing nicotine from tobacco and mixing with propylene glycol.
- Flavorings- example-vanilla, strawberry, mango, etc.
- Convenient, less expensive, and smoking cessation aid.

(Selekman, 2019)

WHY USE ENDS?????

Marketed as a Healthier Choice

Smoking Cessation Aid

Recreational Use

RECOMMENDATIONS:

- Educate pregnant women on potential adverse maternal and fetal health problems
- Educate youth on potential adverse health problems
- Screen all patients
- Healthcare professionals must **CONTINUE research!!**

References

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