



Clinical Champion Update

Date: 8/5/21

Subject: Smoking Cessation

We are in a time of increasing ECig/Vaping use but now also Vaping Cessation.

WHAT TO SAY TO YOUR ECIG USERS?

- There are many unanswered questions about safety and effectiveness of ECigs.
- Likely less harmful than cigs. (CDC guideline still not recommending using ECigs. No long term studies on health effects with ECig use; US Preventative Task Force Jan, 2021- ECig- insufficient evidence for its use, directs patients to proven products, Nicotine Replacement Treatment(NRT), Chantix, and bupropion)
- Recommend FDA approved (NRT)- (unlike ECig, NRT has no other chemicals besides nicotine and insurance covers as part of the Affordable Care Act)
- If smoker uses ECigs, encourage stopping concurrent use of cigs.
- Encourage a plan to quit ECig use.
- Use common ECigs and don't tamper with them.

(ACE Consensus 2018)

Check out patients stories of quitting during Covid- ICovidQuit.Org- on QuittersWin.blog. These patient insights are powerful and I found very informative and motivating. Share these stories with your patients to help them in their quitting efforts. (youtube links below)

<https://www.youtube.com/watch?v=Aqv4ooCeh9A>

<https://www.youtube.com/watch?v=BqBmuk3IJgU>

<https://www.youtube.com/watch?v=Hxdy-b0EjYY>

The Truth Initiative- truthinitiative.org- is a free and anonymous program to help young people quit vaping. This Is Quitting is there text message program for adolescents. Also, they have a support for parents of vapers. Check it out and share with your adolescent smokers/vapers.

Thank you,

Smoking Cessation Committee Members

Ann Esrick and Liz Cory, Smoking Cessation Clinical Champions, Finn Olcott, Katie Coleman, Scott Meyers, Tim Sweeney, Wendy Baird, Stephanie Pick.