Addressing E-cigarettes and Tobacco with Parents
LEARNING OBJECTIVES

At the end of this session, participants will be able to:

• Educate parents about e-cigarettes
• Describe strategies to protect children from e-cigarette and e-liquid exposure
• Understand that e-cigarettes should not be recommended as a cessation tool
• Describe recommendations for parents who are tobacco users
Helping Parents Understand E-Cigarettes
**Educating Parents about E-Cigarettes**

- Pediatricians may encounter questions from parents about e-cigarettes
- Pediatricians should be prepared to help parents identify and understand e-cigarettes
- A printed resource may help educate parents on e-cigarettes
- Pediatricians should encourage parents to talk to their children about e-cigarettes and other tobacco products
E-Cigarette Facts for Parents

Pediatricians can educate parents on:

- Names and types of e-cigarettes
- Prevalence of e-cigarette use among youth
- Adolescents’ unique susceptibility to nicotine addiction
- Health effects of e-cigarette use
- How to talk with their teens about e-cigarettes
E-CIGARETTE RESOURCES FOR PARENTS

• **Become An Ex**
  – Tobacco and vaping cessation support for parents and teens from Truth Initiative

• **The Vape Talk**
  – Includes a conversation guide for parents and teens from American Lung Association

• **E-cigarettes.surgeongeneral.gov**
  – Includes a conversation guide and video for parents and teens from FDA
  – Also available in Spanish

• **This Is Quitting**
  – Includes a texting service for vaping cessation support from Truth Initiative
Helping Parents Protect their Children from E-Cigarette Exposure
ADVISING PARENTS WHO USE E-CIGARETTES

• Pediatricians may encounter parents who are e-cigarette users
  – These parents may be former smokers who have transitioned from cigarettes to e-cigarettes

• Advise parents to keep e-liquid in child-proof containers and out of the reach of children
  – E-liquid can be harmful or fatal if swallowed

• Ensure that parents understand that their children should not be exposed to e-cigarette aerosol
  – E-cigarette aerosol contains nicotine, chemicals, carcinogens, heavy metals, and ultrafine particles¹
UNDERSTANDING THE RISKS OF SECONDHAND E-CIGARETTE AEROSOL

- Data about secondhand exposure to e-cigarette aerosol are limited.
- Secondhand aerosol from e-cigarettes contains nicotine, propylene glycol, flavorings, and other chemicals.²
- Nonsmokers who are exposed to cigarettes and e-cigarettes have similar cotinine levels, indicating that they take in similar levels of nicotine.³
- Further research is needed to fully understand the health impacts of secondhand exposure to e-cigarette aerosol.⁴
E-Cigarettes Are Not A Cessation Device
E-CIGARETTES ARE NOT A CESSATION DEVICE

E-cigarettes are not an FDA-approved cessation device.\(^5,6\)

- Nicotine replacement therapies (NRT) must undergo a rigorous approval process before being made publicly available, including animal and human clinical trials
- This process ensures that products are safe and effective
- E-cigarette companies can go through the FDA-approval process to test their efficacy for tobacco cessation. To date, no e-cigarette company has done so
E-CIGARETTES ARE NOT A CESSATION TOOL

Studies show that using both e-cigarettes and traditional cigarettes during the quitting process is problematic:

- Many cigarette users try to quit by switching to e-cigarettes, but end up continuing to use both products
- With dual use, potential health benefits are reduced, and cardiovascular risks associated with smoking remain the same
- E-cigarettes may stop individuals from overcoming their nicotine addiction
E-CIGARETTES ARE NOT A CESSATION TOOL

There is no conclusive evidence that e-cigarettes are safe or effective for tobacco cessation:

- There is insufficient evidence from randomized control trials to recommend e-cigarettes as a smoking cessation tool\textsuperscript{10,11}
- No evidence that e-cigarette use helps adult smokers quit at a higher rate than smokers who do not use these products\textsuperscript{8,12}
- There are health hazards from using e-cigarettes, including cardiovascular toxicity from e-liquid flavorings and cancer-causing toxins in e-cigarette aerosol\textsuperscript{13-14}
UTILIZE CESSATION SUPPORT SERVICES

For parents who want to quit tobacco, help is available:

• Smokefree.gov
  – Tobacco and vaping cessation support from the National Institutes of Health
• 1-800-QUIT-NOW
  – National Tobacco Quitline
• BecomeAnEx.org
  – Tobacco and vaping cessation support for parents and teens from Truth Initiative
• Behavioral counseling or cognitive behavioral therapy
• FDA-approved pharmacotherapy
RECOMMENDATIONS FOR PARENTS WHO USE TOBACCO

• Never smoke or use e-cigarettes in the house, car, or places that children and adolescents spend time
• Talk with your doctor about ways to help you quit tobacco products
• Talk to your children about the dangers of tobacco and e-cigarettes and make sure you can identify them
• If you are an e-cigarette user, always keep e-cigarettes and liquid nicotine locked and out of reach of children and adolescents
KEY POINTS

• Pediatrists should be prepared to discuss e-cigarettes with parents in pediatric practice
• When talking to parents who are e-cigarette users, pediatricians should provide strategies to protect children from being exposed to secondhand aerosol or e-liquid poisoning
• E-cigarettes are not an FDA-approved cessation device
• There is no conclusive evidence to show that e-cigarettes are safe or effective in helping adults quit
REFERENCES


