

# Talking to Patients about Vaping

## What's in a vape and how do they work?

E-cigarettes (or vapes) produce aerosol by heating a liquid that typically contains nicotine.<sup>1</sup> This aerosol contains a high number of harmful and potentially toxic chemicals which can cause lung and heart disease.<sup>2</sup> Vapes come in a variety of sizes and shapes and often resemble cigarettes, cigars, pens, or USB sticks. Larger devices, also referred to as “mods” don't resemble other tobacco products. Vapes can also be used with THC and other drugs.<sup>1</sup>

## Health Effects of Vape Use:<sup>2,3</sup>

- Increased risk of lung and heart disease
- Vaping nicotine can impact brain development in youth
- Vaping nicotine is dangerous for pregnant people and developing babies



## Are Vapes a Helpful Aid in Smoking Cessation?

Maybe. Research has shown that vapes can help some people quit smoking. However, there is not enough research to say vapes are safe. Vapes are not approved as a quit aid by the Food and Drug Administration (FDA).<sup>4</sup>

## Talking to your Patients about Vaping:

Health care providers play a crucial role in patient cessation. Evidence supports improved patient outcomes for substance use when health professionals screen and promote interventions for cessation.<sup>5</sup>

- Talk about vaping facts and impacts on health
- Discuss reasons patient wants to quit
- Encourage patient to get rid of vaping supplies (i.e., vape pens, e-juice, etc.)
- Talk about triggers and coping strategies
- Help patient set a quit date
- Normalize relapses and encourage quit attempts until quit for good
- Consider medications and other nicotine replacement therapies
- Refer patients to **1-800-300-8086** to talk to a Quit Coach for free

REFER PATIENTS  
TO **FREE** CESSATION  
COACHING AT

[kickitca.org/patient-referral](https://kickitca.org/patient-referral)



LEARN HOW

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Patient Referral Guide:

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1. CDC. (2023). *About Electronic Cigarettes*.

2. American Lung Association. (2023). *The Impact of E-Cigarettes on the Lung*.

3. CDC. (2023). *Adult Smoking Cessation-The Use of E-Cigarettes*.

4. American Lung Association. (2023). *Don't Just Switch, Quit for Good*.

5. Metcalf, M., Rossie, K., Stokes, K., & Tanner, B. (2022). *Health Care Professionals' Clinical Skills to Address Vaping and e-Cigarette Use by Patients: Needs and Interest Questionnaire Study*. *JMIR formative research*, 6(4), e32242. <https://doi.org/10.2196/32242>