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E-Cigarettes: What Primary Care Providers Need to Know

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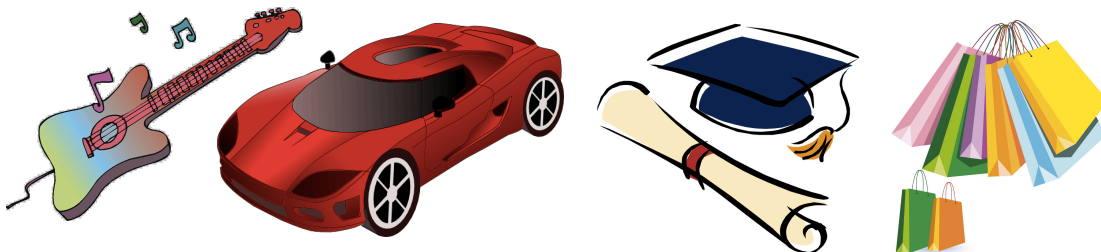
E-cigarettes and Teens: What's the Big Deal?

- By multiple measures, nicotine is one of the most addicting drugs out there ¹
- Youth who use e-cigarettes are at an increased risk of smoking regular cigarettes ²
- E-cigarettes can irritate the lungs and cause inflammation, just like regular cigarettes ³
- Increasing number of calls to poison control centers because of e-cigarette use—most commonly due to vomiting, nausea and eye irritation ⁴
- Chemicals in vapor may cause cancer ⁵

Aren't there better things you can spend your money on?

- **Yearly cost of blu disposables=\$1,825, and the newly proposed VT tax will double this!**

Wouldn't you rather put your money towards:



1. Crane, R. (2007). The most addictive drug, the most deadly substance: Smoking cessation tactics for the busy clinician. *Primary care: Clinics in office practice*. 34 (1):117-135.
2. Niaura, R., Glynn, T., Abrams, D. (2014). Youth experimentation with e-cigarettes: Another interpretation of the data. *JAMA*. 312(6):641-642.
3. Offermann, F. (2014). The hazards of e-cigarettes. *ASHRAE JOURNAL*, 56(6):38-44.
4. Chatham-Stephens, K., Law, R., Taylor, E., Melstrom, P., Bunnell, R., Wang, B., Apelberg, B., Schier, JG., Centers for Disease Control and Prevention. (2014). Notes from the field: calls to poison centers for exposures to electronic cigarettes. *Morbidity and Mortality Weekly Report*, 63(13):292.
5. Kosmider, L., Sobczak, A., Fik, M., Knysak, J., Zacierka, M., Kurek, J., Goniewicz, ML. (2014). Carbonyl compounds in electronic cigarette vapors: effects of nicotine solvent and battery output voltage. *Nicotine and Tobacco Research*, 16(10):1319-26.