

## ELECTRONIC CIGARETTES---PROS AND CONS

QUESTION: WHAT IS OUR STANCE ON THE USE OF E-CIGARETTES?

THIS HAS BECOME A HOT TOPIC OF DEBATE WHICH WE FELT NEEDED TO BE ADDRESSED. WHAT WE KNOW IS THAT THE RESEARCH FOR THIS PRODUCT IS NOT UP TO DATE AND THERE ARE STILL NO FDA REGULATIONS SET FOR SAFETY. AS OF TODAY, IT HASN'T BEEN DETERMINED IF E-CIGARETTES MAKE THE PROBLEM OF SMOKING BETTER OR WORSE.

E- CIGARETTES HAVE AN INTERNAL BATTERY, A HEATING ELEMENT, AND A CARTRIDGE THAT HOLDS NICOTINE , OTHER LIQUIDS , AND FLAVORINGS. THE COST OF THESE DEVICES VARIES. SOME ARE DISPOSABLE. SOME HAVE A RECHARGABLE BATTERY AND REFILLABLE CARTRIDGES. THEY LOOK LIKE THE REAL THING AND FEEL LIKE THE REAL THING. USING AN E-CIGARETTE IS CALLED VAPING.

THE NICOTINE IN THE E-CIGARETTE IS STILL ADDICTING. USAGE WHEN STOPPED CAN STILL CAUSE WITHDRAWAL EFFECTS. BECAUSE THE NICOTINE IS A FRACTION OF WHAT IS CONTAINED IN A REGULAR CIGARETTE, IT MAY BE SAFER BUT MORE EVIDENCE IS NEEDED TO DETERMINE THIS. E-CIGARETTES MAY BE LESS HARMFUL BUT WE DON'T KNOW LONG TERM RISKS OR THE EFFECTS OF SECOND HAND EXPOSURE.

AS OF TODAY, THERE IS NO REGULATION ON THE AGE OF THE INDIVIDUAL PURCHASING THIS DEVICE. PARENTS OF SCHOOL AGE CHILDREN SHOULD BE AWARE OF THIS. E-CIGARETTES DO NOT SMELL LIKE TOBACCO SO ITS HARDER TO DETECT CHILDREN USAGE. "VAPING" FOR TEENS HAS GAINED INCREASING POPULARITY MAINLY BECAUSE OF THE FLAVORINGS BEING USED. THE SALE OF E-CIGARETTES HAS SURPASSED BY FAR THE REGULAR CIGARETTE SALES TODAY.

FOR AN INDIVIDUAL THAT SMOKES AND WANTS TO QUIT, THIS MAY BE AN ALTERNATIVE. HOWEVER IT IS STILL RECOMMENDED TO USE AN FDA APPROVED METHOD SUCH AS THE NICOTINE PATCH OR GUM. TODAY THERE IS NO SUBSTANTIATED PROOF THAT THE E-CIGARETTE IS AN EFFECTIVE WEANING PRODUCT.

IF THE INDIVIDUAL DOES NOT WANT TO QUIT SMOKING, THE AMOUNT OF NICOTINE IN THE E-CIGARETTE IS LESS THAN A REGULAR CIGARETTE AND MAY BE A HEALTHIER ALTERNATIVE. HOWEVER, IT SHOULD BE A SUBJECT OF DISCUSSION WITH THE DOCTOR LEARNING RISKS AS WELL AS THE BENEFITS TO THE INDIVIDUAL.

THE FDA HAS PROPOSED NEW REGULATIONS THAT WOULD EXTEND ITS AUTHORITY OVER THESE PRODUCTS. MINIMUM AGE REQUIREMENT IS AMONG THE REGULATIONS PROPOSED. SOME CITIES SUCH AS BOSTON, LOS ANGELES, AND NEW YORK HAVE PASSED LAWS INVOKING HOW PEOPLE CAN USE THIS PRODUCT IN THE PUBLIC VENUE.