

# What Providers Need to Know About E-cigarettes and Asthma



## What are E-Cigarettes?

Generally, e-cigarettes contain a battery, a heating element, and a place to hold the liquid or "juice." The device heats the liquid to produce an aerosol which is inhaled into the lungs of the user.

These types of products are also referred to as e-hookahs, mods, vape pens, vapes, tank systems and ENDS (Electronic Nicotine Delivery System).

## What is in the Aerosol?



E-cigarettes produce an aerosol, not vapor, which contains many harmful substances including, but not limited to:



Cancer-causing chemicals



Diacetyl (linked to lung disease)



Heavy metals (nickel, tin, lead)



Gasoline, paint thinners, etc.



Nicotine

The aerosol can trigger an asthma attack in the user and in anyone exposed to it.

## Asthma

27%

E-cigarettes are the most common source of secondhand aerosol exposure, increasing the risk of an asthma attack by 27%.

2x

People using e-cigarettes are 2x more likely to develop respiratory problems including asthma and chronic bronchitis.

### Tanks and Mods



### Rechargeable



### Disposable



## Why are E-Cigarettes a Problem

- E-cigarettes are the most commonly used tobacco product among youth
- Misconception that e-cigarettes are safer than combustibles
- Variety of flavors that attract users
- Deliver higher levels of nicotine, which cause:
  - Harm to developing adolescent brain
  - Problems with attention and mood disorders
  - Memory loss
  - Decreased impulse control
  - Likelihood of addiction to other tobacco products
- E-cigarettes can also cause:
  - Asthma symptoms like coughing/wheezing
  - Chronic bronchitis
  - E-cigarette and Vaping Associated Lung Injury (EVALI)
  - Other respiratory problems

## How You Can Help

- Advise patients to refrain from using e-cigarettes and from using them around others who have asthma or other respiratory problems
- Educate patients about e-cigarette dangers
- Refer adult patients to a free quit program such as the Michigan Tobacco Quitline at 1-800-784-8669
- Patient under 18? Refer them to the free My Life My Quit Program: text "start my quit" to 855-891-9989