

PATIENT EDUCATION HANDOUT

VAPING

Dipal Mistry, OMS-III¹; Rayhan Karimi, OMS-III¹

¹Edward Via College of Osteopathic Medicine–Carolinas Campus, Spartanburg, SC

WHAT IS VAPING?

Vaping is the act of inhaling aerosols from battery-powered devices called electronic cigarettes, also known as vapes, vape pens, e-hookahs, mods, and electronic nicotine delivery systems (ENDS).¹ These aerosols are produced by the heating of a liquid that contains nicotine, flavorings, cannabinoid (CBD) oils, and other chemicals.¹ Nicotine is a highly addictive and harmful chemical found in tobacco cigarettes and vapes.² It is also the substance that keeps people using tobacco products, making it difficult to quit.

Nicotine can rewire and activate the reward pathway in the brain, making people use this product over and over again regardless of risks.^{2,3} In some instances, vaping devices can also contain tetrahydrocannabinol (THC), which is the psychoactive compound of marijuana that gives people a “high.”^{3,4}

WHAT SYMPTOMS ARE ASSOCIATED WITH VAPING?^{1,4-6}

- E-vaping–associated lung injury (EVALI)
- Heart palpitations
- High heart rate
- Chest pain
- Shortness of breath
- Cough
- Asthma
- Nausea
- Vomiting
- Diarrhea

WHO IS AT RISK??

- Traditional tobacco smokers
 - » Marketers advertise e-cigarettes as a smoking-cessation tool.^{1,2,4,5}
- Youth populations, particularly teens²⁻⁴
 - » One in four high school students reported the use of e-cigarettes.^{2,3}
 - » Since 2014, e-cigarettes have been the most commonly used tobacco product among US youth. In 2020, an estimated 3.6 million middle and high school students reported using an e-cigarette in the last 30 days.¹
 - » The flavors in vaping devices appeal to younger populations.²

DOWNLOAD AND DISTRIBUTE

The PDF of this patient education handout is available for easy download and distribution to your patients at www.acofp.org/PEH.

PATIENT EDUCATION HANDOUT

VAPING

WHAT ARE THE CONSEQUENCES OF VAPING?

There are numerous particles that are inhaled when using nicotine-containing vaping products. These particles cause severe swelling and irritation to the lungs.^{3,5,6} This will damage the lungs and can lead to scarring and narrowing of the tubes in the lungs that allow for air exchange.⁶ Also, when you become addicted to nicotine, you may get symptoms like headaches or cravings when discontinuing or reducing the use of nicotine-containing products.⁵

HOW CAN A DOCTOR HELP YOU SUCCESSFULLY QUIT VAPING?

- Assess your readiness to quit, acknowledge barriers, and help you set goals.⁵
- Consider referral to behavioral therapy.
- Educate about and recommend nicotine-replacement therapy.⁶
- Recommend complementary resources and healthy habits:
 - » Call (800) QUIT-NOW for mobile help.
 - » Search “How to Stop Vaping” online.
 - » Exercise can help with withdrawal symptoms and improve lung function.⁵

SOURCES:

1. Centers for Disease Control and Prevention (CDC). Outbreak of lung injury associated with the use of e-cigarette, or vaping, products. 2021. www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html
2. US Food and Drug Administration (FDA) Center for Tobacco Products. Vaping prevention and education. digitalmedia.hhs.gov/tobacco/educator_hub/about/student
3. National Institute on Drug Abuse. Vaping devices (electronic cigarettes). DrugFacts. 2020.
4. Blaha MJ. 5 vaping facts you need to know. Johns Hopkins Medicine. 2022. www.hopkinsmedicine.org/health/wellness-and-prevention/5-truths-you-need-to-know-about-vapin
5. Cleveland Clinic Medical. Vaping (e-cigarettes): what it is, side effects & dangers? Cleveland Clinic. 2022. my.clevelandclinic.org/health/articles/21162-vaping
6. Nicotine and tobacco. Vorvick JL, ed. Mount Sinai Health System. 2022. www.mountsinai.org/health-library/diseases-conditions/nicotine-and-tobacco

DOWNLOAD AND DISTRIBUTE

The PDF of this patient education handout is available for easy download and distribution to your patients at www.acofp.org/PEH.

The Osteopathic Family Physician Patient Handout is a public service of ACOFP. The information and recommendations appearing on this page are appropriate in many instances; however, they are not a substitute for medical diagnosis by a physician. For specific information concerning your medical condition, ACOFP suggests that you consult your family physician. This page may be photocopied noncommercially by physicians and other healthcare professionals to share with their patients.