

Policy on e-cigarette

The “e-cigarette” (electronic cigarette) is a product designed to mimic the effects of smoking without burning tobacco like a traditional cigarette.

The e-cigarette is a battery-powered device that provides inhaled doses of nicotine by delivering a vaporized propylene glycol/nicotine solution. In addition to nicotine delivery, this vapor also provides a flavor and physical sensation similar to that of inhaled tobacco smoke. Because there is no combustion of tobacco, e-cigarettes are marketed as being less harmful than traditional cigarettes, while permitting people to ‘smoke’ in places where there are smoke-free indoor air policies or laws. The e-cigarette has been proposed by its manufacturers as a safe and effective way to help people stop smoking.

The e-cigarette is not approved by the FDA and, to date no studies provide evidence that the e-cigarette is either safe to use or effective in helping smokers to stop smoking.

We do not recommend the e-cigarette to our patients as an alternative to smoking or as a method to stop smoking. Instead, we recommend counseling in conjunction with FDA-approved medications that have been proven to be safe and effective in helping people to quit smoking. Specifically we recommend bupropion SR, varenicline and approved nicotine replacement therapies: gum, inhaler, lozenge, nasal spray and patch as first line medications to help people quit smoking.