

CMAJ practice article: E-cigarettes: Five things to know

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A practice article about e-cigarettes provides a quick reference on the use of these electronic nicotine delivery systems published in *CMAJ* (*Canadian Medical Association Journal*):

1. E-cigarette use is increasing in Canada, especially among young people. The use of e-cigarettes by youth aged 16-17 years increased from 29% in 2017 to 37% in 2018.
2. Use is strongly associated with starting, and continuing, cigarette smoking. Evidence indicates that nonsmokers aged 14-30 years who try [e-cigarettes](#) have a threefold increase in starting cigarettes.
3. E-cigarettes are an additional smoking cessation tool.
4. These devices are unregulated with potentially dangerous effects on health. Long-term health risks are unknown, and recent cases indicate serious pulmonary effects can occur.
5. Clinicians should ask patients about e-cigarette use.

More information: *Canadian Medical Association Journal* (2019).
www.cmaj.ca/lookup/doi/10.1503/cmaj.190552

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