

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

October 15 2019



Credit: CC0 Public Domain

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

Provided by Canadian Medical Association Journal

Citation: CMAJ practice article: E-cigarettes: Five things to know (2019, October 15) retrieved 3 May 2024 from <https://medicalxpress.com/news/2019-10-cmaj-article-e-cigarettes.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--