



Celebrating Cessation

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Tobacco Cessation Program

Iowa/Nebraska Primary Care Association

Newsletter Spotlight

E-Cigarettes

A product that is not new to the market but has gained recent attention is the electronic cigarette, or e-cigarette. Not yet regulated by the FDA, this product claims to provide nicotine in an inhaler that looks, feels, and tastes like a cigarette but without any of the additives that are detrimental to one's health that are found in traditional cigarettes. E-cigarettes work because of a computer-aided sensor that activates a heating element that vaporizes a solution (containing nicotine) when the user inhales. E-cigarettes operate on a battery and are rechargeable. According to manufacturers of these products, e-cigarettes are predominately made of water, nicotine, and propylene glycol. Propylene glycol is widely used in cosmetics and lotions, smoke/fog machines, food coloring, deodorant, and many other applications and is not considered dangerous by the FDA.

A carcinogen-free, unburned nicotine source, free of all other smoke toxins, is not widely expected to cause cancer, chronic obstructive lung disease, or fires—all causes of tobacco attributable mortality. Additionally, research has shown that long-term use of medicinal nicotine does not increase a person's risk of cardiovascular disease. However, some believe that inhaling 'pure' nicotine, like that in e-cigarettes, may be dangerous since the health effects are unknown.

Clearly, until robust clinical trials are conducted, it is uncertain whether e-cigarettes are a safe alternative to traditional tobacco cigarettes.

Source: Many (peer reviewed journals, major news sources, manufacturer websites, etc)

Outstanding Accomplishment



March was a record month at our health centers
with 381 new patients and over
1,100 courses provided!



Fact Sheet

Twelve Facts to Help Dispel the Myths about Nicotine Replacement Therapies (NRTs) and Nicotine

1. The U.S. Food and Drug Administration and U.S. Public Health Service recommend several Nicotine Replacement Therapies (NRTs) as safe and effective tobacco dependence treatment aids. These products include useful tips on successful quitting (e.g., setting a quit date, seeking social support, and anticipating challenges).
2. Some NRTs require a prescription, but some are available over the counter.
3. NRT can double a smoker's chances of quitting smoking and can be used alone or in combination.
4. The likelihood of long-term quitting success (quitting for more than 6 months) increases when a smoker uses NRT as instructed, in adequate amounts, and for a sufficient period of time.
5. NRT reduces withdrawal symptoms associated with cigarette smoking such as irritability, frustration, anger, craving, hunger, weight gain, anxiety, difficulty concentrating, restlessness, and insomnia.
6. Using NRT is not trading one nicotine addiction for another because the likelihood of long-term dependence on NRT is very low.
7. Nicotine does not cause the yellowing of teeth, fingernails, and skin; rather, it is the tar found in cigarettes that does.
8. It is primarily the many toxins found in cigarettes (e.g., polonium 210, formaldehyde, ammonia, arsenic, hydrogen cyanide, benzene, butane, and carbon monoxide) rather than the nicotine, that causes major negative health effects. NRT products are much safer than cigarettes.
9. The amount of nicotine in NRT is controlled and the nicotine is delivered more slowly than the nicotine in cigarettes.
10. Generally, NRT can be safely used by people with diabetes or high blood pressure and does not increase the risk of heart attacks. People with these conditions or who are pregnant or trying to become pregnant should consult with a doctor to determine if NRT is the right choice for them.
11. The cost of NRT is comparable to the cost of cigarettes for a 1-pack-per-day smoker.
12. NRT does not cause weight gain. Nicotine may actually help control appetite.

Source: The National Tobacco Cessation Collaborative

Questions or Comments?

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