

# Position Statement



## Electronic Cigarette

The American Association for Respiratory Care (AARC) opposes the use of e-cigarettes, “vapes,” or any device that is used to aerosolize or vaporize non-therapeutic liquids to deliver intoxicants, stimulants, or other chemicals and compounds through inhalation. Even though the concept of using e-cigarettes for smoking cessation is attractive, it has not been fully studied, and further research is needed. As such, the AARC does not recommend the use of e-cigarettes as a cessation method. For those that would like to quit smoking, there are several U.S. Food and Drug Administration (FDA) approved medications that are safe and effective for the purpose of inhalation. A combination of medication and behavioral counseling has been shown to work best. The AARC supports smoking cessation counseling by respiratory therapists who, as allied health professionals, have expertise in pulmonary medicine. The Surgeon General’s 2020 Report on Smoking Cessation concludes, “Smoking cessation improves health status and enhances quality of life” and is beneficial at any age.” The AARC strongly supports this position.

The use of e-cigarette products had increased at an alarming rate among young people. The latest generation of e-cigarette devices deliver large amounts of nicotine to the brain, significantly increasing the risk of nicotine addiction and harm to the developing brains of young adults. E-cigarettes also contain chemicals harmful to lung health. These include heavy metals, carcinogens, vegetable glycerin, and propylene glycol, all of which increase the risk of irreversible lung damage and lung disease. Additionally, safety concerns are emerging related to the inhalation of the liquid solution (LNS) by young children as poison control centers report a continual increase in calls as e-cigarettes become more popular.

### References:

American Cancer Society Position Statement on Electronic Cigarettes

<https://www.cancer.org/healthy/stay-away-from-tobacco/e-cigarette-position-statement.html>

Accessed Jan. 8, 2020.

American Lung Association: Do Not Use E-Cigarettes <https://www.lung.org/about-us/media/press:releases/do-not-use-e-cigarettes.html>

Accessed Jan. 8, 2020

American Association of Poison Control Centers <https://aapcc.org/track/ecigarettes-liquid-nicotine>

U.S. Department of Health and Human Services – Smoking Cessation: A Report of the Surgeon General – Executive Summary. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2020. Accessed January 24, 2020.

[https://www.cdc.gov/tobacco/data\\_statistics/mmwrs/byyear/2020/mm6906a2/index.html](https://www.cdc.gov/tobacco/data_statistics/mmwrs/byyear/2020/mm6906a2/index.html)

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