

Press Release

June 15, 2020 FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: E-Cigarette Use Associated With Risk of Relapse Among Former Cigarette Smokers

According to recent research conducted by the National Institute on Drug Abuse (NIDA), among former smokers, use of electronic nicotine delivery systems (ENDS), including e-cigarettes and other e-products, is associated with increased chance of cigarette smoking relapse. The results provide evidence to inform public health officials setting guidelines for treating former smokers.

This research is supported by a study published in JAMA Network Open, whereby investigators revealed that the use of ENDS is associated with increased chance of cigarette smoking relapse in both recent (one year or less) and long-term former smokers (more than one year who reported no tobacco product use at the time they were selected for inclusion in this study). While recent former smokers were more likely to relapse, detailed analysis of the data showed that the association with ENDS use (post selection) in this group is less than among long-term former smokers (1.63 times versus 3.79 times greater chance of relapse). The study confirms prior research suggesting certain factors, such as more intense withdrawal symptoms and less developed coping skills, account for the greater risk of relapse overall among those who had recently stopped smoking.

The researchers used data from the Population Assessment of Tobacco and Health (PATH) Study, a nationally representative longitudinal study of tobacco use and health in the United States. The current work analyzed data across 2013 to 2018 from 2,273 former smokers age 18 years or older.

By showing that use of ENDS is associated with risk of cigarette smoking relapse, the authors recommend that clinicians treating former smokers should consider discouraging ENDS use. The authors highlight the importance of focusing relapse-prevention efforts in the first year following smoking cessation.

The National Institute on Drug Abuse (NIDA) is a United States federal-government research institute whose mission is to "lead the Nation in bringing the power of science to bear on drug abuse and addiction". For more information please visit www.drugabuse.gov.

JAMA Network Open is a monthly open access medical journal published by the American Medical Association covering all aspects of the biomedical sciences. For more information please visit www.jamanetwork.com.

SAFE, Inc. is the only alcohol and substance abuse prevention, intervention and education agency in the City of Glen Cove. Its Coalition is concerned about e-cigarettes and vaping and seeks to educate and update the community regarding its negative consequences. To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit the Vaping Facts and Myths Page of SAFE's website to learn more about how it's detrimental to your health www.safeglencove.org.