



Samantha Schulte, PharmD, June 2018, Elena Beauregard, PharmD, December 2020

What happens when a person suddenly stops vaping?¹

- Withdrawal effects:
 - Cravings for nicotine
 - Bad temper
 - Increased hunger
 - Difficulty thinking
 - Low mood
 - Sleep problems
- It is important to follow professional guidance in order to minimize these effects

Benefits of quitting vaping^{1,4}:

- Can help repair some of the damage from inhaling toxic chemicals.
- Protect your brain's development
- Improve mental health (less anxiety, depression)
- Overcome nicotine dependence

What are the dangers of vaping?¹

When e-cigarettes (also known as vapes, e-cigs, vaporizers, mods, vape pipes, smokeless cigarettes, electronic nicotine delivery systems (ENDS), and others) are smoked, harmful substances can be inhaled into the lungs. These substances include nicotine, cancer-causing chemicals, heavy metals, and volatile organic compounds. Research is still ongoing regarding the short and long-term health effects of using e-cigarettes. Vaping is not safe for pregnant women and has been associated with low birth weight and pre-term birth. In addition, nicotine can be toxic to children and account for more than 80% of calls to the US poison control center for children less than 5 years old. Nicotine can harm brain development, specifically the parts that control attention, learning, mood, and impulse control.

Is vaping safer than cigarettes?^{1,2,3}

Although e-cigarettes are portrayed as tobacco-free, they still contain nicotine, an addictive substance, and involve the act of inhaling something that is actively being heated to very high temperatures. The aerosol of an e-cigarette generally has fewer harmful chemicals than a cigarette, but when it is heated to higher temperatures, it produces carcinogens. The vaporizing temperature for nicotine is 476°F, and at that temperature, you can burn other substances, leading to an increased risk of inhaled toxins. E-cigarette, or Vaping Product, Use Associated Lung Injury (EVALI) is a term for lung damage from the substances in a vaping product, specifically linking it to the vitamin E acetate ingredient found in these products. Although e-cigarettes are generally less harmful, those who vape are more likely to smoke cigarettes in the future.

What are the treatments for quitting nicotine-containing products?^{5,6,7}

Both behavioral treatments and medications can be used to help quit smoking. A combination of both behavioral changes and medications is more effective than either alone. Some claim that switching from regular cigarettes to e-cigarettes is a way to help quit smoking. Proof of this is limited, so it is recommended to use medications approved by the FDA to help you quit smoking.

Nonmedication Treatments for Quitting⁸

Behavioral treatments for quitting can include education, counseling, and self-help materials. Counseling can be individual or with a group and typically involves creating a "quit plan" to set goals, choose a quit date, identify triggers, and develop coping strategies. Setting a quit date is important, as some medications are started before or on that date. Most treatments focus on developing coping strategies to manage nicotine cravings, such as avoiding triggers, using distraction techniques, and practicing relaxation. The quit plan can be created online (www.smokefree.gov) or on a paper.

Types of medications⁹

There are seven medications approved by the Food and Drug Administration (FDA) to aid in quitting nicotine dependence – bupropion, varenicline, and five types of nicotine replacement therapy (NRT): patch, gum, lozenge, nasal spray, and inhaler. The nicotine patch, gum, and lozenge can be purchased at a pharmacy without a prescription. A prescription is needed for the other medications.

How do medications for quitting smoking work?^{5,10}

Nicotine Replacement Therapy (NRT):

All forms of NRT work by giving the body a small amount of nicotine to help decrease the negative effects from stopping nicotine and to help decrease cravings. The nicotine in NRT does not contain the cancer-causing chemicals found in cigarettes and can help reduce the urge or desire to smoke.

Bupropion (Zyban®) and varenicline (Chantix®)

Bupropion and varenicline medications are taken by mouth and they both work in the brain. Bupropion helps reduce the urge or desire to smoke. Varenicline acts on the same part of the brain as nicotine. Varenicline helps decrease the pleasure from nicotine and decrease nicotine cravings.

Nicotine Replacement Therapy Medications ^{10,11}					
Type	Available without a prescription?	When to start?	How is it delivered to the body?	How is it used?	Side Effects
Patch	Yes	On the quit date	Through the skin	Apply in the morning to upper arm, chest, or back and rotate application site daily.	Sleeping difficulties, vivid dreams, and skin irritation
Gum	Yes	On the quit date	Through the mouth	Chew each piece and park between cheek when peppery or tingling sensation occurs. Chew again when tingling fades and repeat until tingling is gone.	Mouth/throat irritation, hiccups, stomach upset, and jaw pain
Lozenge	Yes	On the quit date	Through the mouth	Allow to dissolve slowly around 20 to 30 minutes. Do not chew or swallow.	Mouth/throat irritation, hiccups, and stomach upset
Nasal Spray	No	On the quit date	Through the nose	Insert into nostril and spray 1 spray in each nostril.	Nasal/throat irritation, sneezing, and cough
Inhaler	No	On the quit date	Through the mouth	Take repeated, shallow puffs by mouth.	Cough, mouth/throat irritation, and nausea

Prescription Medications for Quitting Smoking ¹¹				
Medication	Available without a prescription?	When to start?	How is it used?	Side Effects
Bupropion	No	7-14 days before the quit date	Tablet that is swallowed whole. Do not cut or break the tablet.	Nausea, constipation, dry mouth, trouble sleeping, and anxiety
Varenicline	No	7-14 days before the quit date	Tablet that is swallowed. This tablet can be split if necessary.	Nausea, vomiting, gas, headache, trouble sleeping, and abnormal dreams

What resources are available?

Resources for self-help include printed materials, websites, mobile phone apps, and telephone quit lines.

Websites:

- www.smokefree.gov
- www.cdc.gov/quit
- www.lung.org/stop-smoking

Mobile phone apps:

- quitSTART
- QuitPal
- MyQuite Coach

Telephone numbers:

- 1 (800) QUIT-NOW (1-800-784-8669)
- 1 (877) 44U-QUIT (1-877-448-7848)



Go online to find more information and to view the references for this toolkit.

aapp.org/472558

Important Disclosure: This information is being provided as a community outreach effort of the American Association of Psychiatric Pharmacists. This information is for educational and informational purposes only and is not medical advice. This information contains a summary of important points and is not an exhaustive review of information about the topic. Always seek the advice of a physician or other qualified medical professional with any questions you may have regarding medications or medical conditions. Never delay seeking professional medical advice or disregard medical professional advice as a result of any information provided herein. The American Association of Psychiatric Pharmacists disclaims any and all liability alleged as a result of the information provided herein.