

Smoking Cessation and Electronic Cigarettes

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Cigarette smoking is morbid

Smoking negatively impacts the health of patients across all sub-specialties in Otolaryngology - Head and Neck Surgery.

The risk for head and neck squamous cell carcinoma in smokers is approximately 10 times higher than that of never-smokers (Jethwa and Khariwala 2017).



What do we do in Toronto?

Lots of ongoing research!

The Princess Margaret Cancer Center has implemented multiple measures to improve smoking cessation among head and neck cancer patients including a patient-directed smoking cessation e-referral system (CEASE)

https://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized_Program_Services/Smoking_Cessation

How to stop smoking?

There are multiple intervention modalities available for patients to help with smoking cessation.

These include: therapy/counselling, pharmacological therapy, or a combination of both.

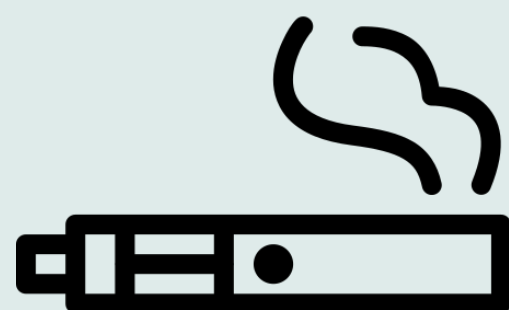
Current CSOHNS position statement on electronic cigarettes:



Recommend increasing the minimal legal age for purchasing electronic cigarettes from 18 to 21, and ban flavoured electronic cigarettes.

What is an electronic cigarette?

A battery powered device that heats e-liquids (nicotine, cannabis, propylene glycol, glycerin) into an aerosol for inhalation.



Current AAHNS statement:

Physicians who care for adolescents should be prepared to provide education on the dangers of smoking, e-cigarette use, and their vulnerability to addiction.

E-cigarettes may help adult tobacco users transition from combustible cigarettes to potentially less harmful vapour products. Patients should be cautioned against dual use of conventional tobacco and e-cigarettes while transitioning as dual use can deepen nicotine addiction

Are electronic cigarettes recommended to aid smoking cessation?

There is some evidence that nicotine electronic cigarettes may increase cessation rates compared to no intervention or conventional nicotine replacement. However, e-cigarettes are not without risk and are not a smoking cessation strategy recommended by the CSOHNS.

What can the otolaryngologist do?

A simple and brief discussion with your patient about smoking cessation can help motivate them to quit smoking. Discuss the risks of smoking, benefits of quitting, and involve interdisciplinary team members to better the chance of success.

