

Effects of E-Cigarettes and How to Quit

This brochure is designed to provide you with important information on the health impacts of e-cigarette use, particularly regarding oral and dental health, and offers advice and support if you have decided to quit using e-cigarettes.

Effects of E-Cigarettes on General Health: E-cigarettes, often claimed to be a less harmful alternative to traditional smoking, nonetheless carry several health risks.

- **Addiction:** E-cigarettes frequently contain nicotine, a potent substance that can cause strong addiction, comparable in its addictiveness to heroin. Therefore, usage can lead to nicotine dependence, making quitting challenging. The younger you are when you develop addiction, the stronger it typically becomes.
- **Heart and Circulatory Diseases:** Nicotine increases blood pressure and heart rate, raising the risk of heart diseases, stroke, and possibly arrhythmias.
- **Respiratory Problems:** The vapor from e-cigarettes contains various chemicals and fine particles that can irritate the respiratory tract and exacerbate respiratory diseases. The full extent of effects is not yet known!

Effects of E-Cigarettes on Oral Health:

- **Gum Diseases:** The nicotine in e-cigarettes impairs gum blood circulation, which can hinder the healing of inflammation. This might give the illusion that the gums are healthy because they do not bleed as they typically would in gum disease. Moreover, e-cigarette use often leads to dry mouth, which, in turn, increases the risk of tooth decay.
- **Tooth Staining and Erosion:** Certain ingredients in e-cigarette liquids can cause tooth staining and surface erosion.
- **Changes in Oral Mucosa:** The potential irritation from using e-cigarettes can lead to changes in the oral mucosa.

How to Quit E-Cigarettes:

1. **Decision to Quit and Plan:** Set a quit date and commit personally to it.
2. **Support and Advice:** Share your decision with your family, friends, and colleagues and ask for their support. Consider consulting a healthcare professional, such as a doctor or dentist.
3. **Replacement Therapy and Medication:** Nicotine replacement therapies (patches, gums, lozenges) and prescription medications can help alleviate withdrawal symptoms.
4. **Avoid Trigger Situations:** Recognize situations that make using e-cigarettes appealing and develop strategies to avoid them or alternative actions.
5. **Reward Yourself:** Set goals and reward yourself for your achievements along the way, for example, with the money you save.

Benefits of Quitting E-Cigarettes: In the short term, you'll notice improvements in breathing, blood pressure and heart rate normalization, and enhanced taste and smell senses. In the long term, the risks of cardiovascular diseases and oral diseases begin to decrease. But remember that the full extent of harmful effects is not yet known!

Remember, help is available. Your dentist or doctor can provide you with more information and support for quitting e-cigarette use.