

# E-CIGARETTES (E-CIGS) AND “VAPING”

## What are e-cigarettes?

- Battery-operated devices that heat a cartridge of liquid nicotine creating a chemical-filled aerosol that delivers nicotine to user when the “vapor” is inhaled
- Cartridges generally contain up to 14 to 20 mg of nicotine (some claim to be nicotine-free) and are available in many flavors

## Are e-cigarettes safe to use?

- Not currently regulated nor have they been submitted to the FDA for evaluation of safety
- There is no evidence that using e-cigarettes or inhaling the secondhand vapor they emit is safe
- 2009 FDA investigative tests found: detectable levels of cancer-causing chemicals and impurities suspected of causing adverse health effects (anabasine, myosmine, and b-nicotyrine)
- No quality control or standard processes exist across the industry; levels of chemicals/substances remain variable from product to product; there is no requirement to list ingredients on product label or make cartridges child proof
- Nicotine is a known poison; children are taking e-cigs apart, sometimes licking the containers or drinking the liquid, enticed by the flavoring (which is being blamed for a growing number of poisonings across the nation)
- Ingesting e-liquid can give children a harmful or even deadly dose of nicotine via inhalation, ingestion, or skin contact (many cartridges contain more than 14 mg, enough to cause harm)
- Some users refill own cartridges; refill bottles contain up to 7 g of nicotine; fatal dose of nicotine in adults is estimated at 30-60 mg while for children it is only 10 mg (approximately 4 drops of a maximum strength refill solution)
- Repeated exposure to nicotine will predictably increase physiologic variables (heart rate) and stress system reactivity (cortisol)
- E-cigs containing nicotine should NOT be promoted as harmless alternatives to regular cigarettes

## Can e-cigarettes help people quit smoking?

- Too little is known about e-cigs to endorse these products as a cessation tool at this time
- FDA has not approved e-cigarettes as an effective method to help smokers quit
- Until, and unless, the FDA approves a specific e-cig for use as a tobacco cessation aid, the American Lung Association does not support any direct or implied claims that e-cigs help smokers quit
- Use of these products could actually prolong smoking cessation using FDA-approved therapies (people may try e-cigs first in lieu of using one of several effective over-the-counter forms of nicotine replacement or talking to their provider about using an FDA-approved medication for smoking cessation (bupropion or varenicline)
- Emerging data shows some users are not stopping cigarette use, but concurrently using e-cigs (“dual use”) in places where they would otherwise be unable to smoke



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# QUESTIONS TO ASK YOUR INSURANCE COMPANY

## Counseling:

1. What does my insurance plan cover for behavioral modification classes (such as Beat the Pack™)?
2. How many classes or hours are covered?
  - Number of covered quit attempts?

## Quit Tobacco Medication:

Product	Co-pay	Additional Information <small>(Insert coverage specifics, e.g., 2 quit attempts per year)</small>
1.		
2.		
3.		
4.		
5.		
6.		

According to the 2020 Center for Disease Control and Prevention, medication plus counseling is more successful than either alone for tobacco users trying to quit.



## quitSTART App

- Get ready to quit with tips and information to prepare you for becoming tobacco free
- Monitor progress and earn badges for tobacco-free milestones and other achievements
- Get back on track if you slip and use tobacco
- Manage cravings and bad moods in a healthy way
- Distract yourself from cravings with games and challenges
- Store helpful tips, inspirations, and challenges in your quit kit
- Share your progress and favorite tips through social media

# QUITTER'S CHECKLIST AND WEB COMPANION

## Help for Those Leaving Tobacco Behind

### The Checklist

To help you start your journey, complete the items on this list.

Each can help you get and stay organized.

- Ask your provider for advice to help you make your quit plan
- Pick your quit date
- Decide how you want to quit
- Throw away all of your tobacco
- Get support from family and friends
- Track your progress
- Stay with your plan and stay quit

### The Web Companion

You may find it helpful to visit the following Websites:

#### American Cancer Society

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking/deciding-to-quit-smoking-and-making-a-plan>

#### American Heart Association

<http://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco>

#### Quit smoking Quit smoking basics - Mayo Clinic

<http://www.mayoclinic.org/healthy-lifestyle/quit-smoking/basics/quit-smoking-basics/hlv-20049487>

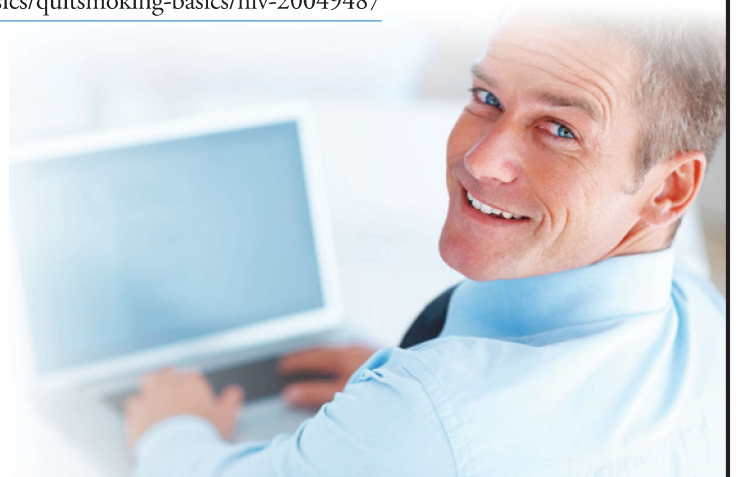
#### smokefree.gov

<https://smokefree.gov>

#### 1-800-QUIT NOW

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# THREE BREATHING EXERCISES

*“Practicing regular, mindful breathing can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders.”* –Andrew Weil, M.D

## Exercise 1:

### The Stimulating Breath (also called the Bellows Breath)

The Stimulating Breath is adapted from a yoga breathing technique. Its aim is to raise vital energy and increase alertness.

- Inhale and exhale rapidly through your nose, keeping your mouth closed, but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This is a noisy breathing exercise.
- Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.
- Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute.

If done properly, you may feel invigorated, comparable to the heightened awareness you feel after a good workout. You should feel the effort at the back of the neck, the diaphragm, the chest, and the abdomen. Try this breathing exercise the next time you need an energy boost and feel yourself reaching for a cup of coffee.

## Exercise 2:

### The 4-7-8 (or Relaxing Breath) Exercise

This exercise is utterly simple, takes almost no time, requires no equipment, and can be done anywhere. Although you can do the exercise in any position, sit with your back straight while learning the exercise. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Note that you always inhale quietly through your nose and exhale audibly through your mouth. The tip of your tongue stays in position the whole time. Exhalation takes twice as long as inhalation. The absolute time you spend on each phase is not important; the ratio of 4-7-8 is important. If you have trouble holding your breath, speed the exercise up, but keep to the ratio of 4-7-8 for the three phases. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

This exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it but gains in power with repetition and practice. Do it at least twice a day. You cannot do it too frequently. Do not do more than four breaths at one time for the first month of practice. Later, if you wish, you can extend it to eight breaths. If you feel a little lightheaded when you first breathe this way, do not be concerned, it will pass.

Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens – before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it.

## Exercise 3:

### Breath Counting

If you want to get a feel for this challenging work, try your hand at breath counting, a deceptively simple technique used in Zen practice.

Sit in a comfortable position with the spine straight and head inclined slightly forward. Gently close your eyes and take a few deep breaths. Then let the breath come naturally without trying to influence it. Ideally it will be quiet and slow, but depth and rhythm may vary.

- To begin the exercise, count “one” to yourself as you exhale.
- The next time you exhale, count “two,” and so on up to “five.”
- Then begin a new cycle, counting “one” on the next exhalation.

Never count higher than “five,” and count only when you exhale. You will know your attention has wandered when you find yourself up to “8,” “12,” even “19.”

Try to do 10 minutes of this form of meditation.

