E-cigarettes: Health Outcomes

Recommendation #1: Use of Smokeless Tobacco (SLT) should be discouraged.
- **Strength of Recommendation:** Strong
- **Level of Evidence:** Low

Recommendation #2: Use of Heated Tobacco Products (HTP) should be discouraged.
- **Strength of Recommendation:** Strong
- **Level of Evidence:** Moderate

Recommendation #3: Water-pipe smoking should be discouraged.
- **Strength of Recommendation:** Strong
- **Level of Evidence:** High

Reproductive Health

Recommendation #4: Use of SLT, HTP, water-pipes, and e-cigarettes should be discouraged in women who are pregnant.
- **Strength of Recommendation:** Strong
- **Level of Evidence:** Very Low

E-cigarettes: Addiction

Recommendation #5a: Use of E-cigarettes with nicotine should be discouraged among non-smokers due to the risk of addiction.
- **Strength of Recommendation:** Strong
- **Level of Evidence:** Moderate

E-cigarettes: Cessation

Recommendation #5b: E-cigarettes with nicotine may be an effective cessation aid for people who use combustible tobacco.
- **Strength of Recommendation:** Conditional
- **Level of Evidence:** Moderate

E-cigarettes: Health Outcomes

Recommendation #5c: People who do not use any tobacco products should not use e-cigarettes.
- **Strength of Recommendation:** Conditional
- **Level of Evidence:** Low - Moderate

Recommendation #5d: People who are currently using e-cigarettes should stop or switch to safer forms of nicotine such as NRT.
- **Strength of Recommendation:** Conditional
- **Level of Evidence:** Moderate

Summary Statements and Considerations

- **Recommendation #1:** These products have been linked to a variety of adverse health outcomes. SLT (other than snus) is associated with an increased risk of oral, pharyngeal, and oesophageal cancer. Snus is associated with increased risk of pancreatic cancer.
- **Recommendation #2:** If associated with an increased risk of fatal IHD and stroke.
- **Recommendation #3:** It is associated with an increased risk of adverse health outcomes in newborns when used in pregnancy.
- **Recommendation #4:** There is moderate evidence from short-term studies that HTP reduce exposure to some, but not all, harmful/potentially harmful compounds (HPHCs) compared to conventional cigarettes. However, the impact of HTP on health outcomes is not known.
- **Recommendation #5a:** There is strong evidence that HTP products produce side-stream exposure to HPHC for those exposed second-hand.
- **Recommendation #5b:** The impact of HTP on conventional cigarette smoking behaviour is unclear.
- **Recommendation #5c:** There is moderate evidence that e-cigarettes with nicotine are addictive, and that their use results in symptoms of dependence on e-cigarettes.
- **Recommendation #5d:** There is substantial evidence that e-cigarete use increases the risk of ever using combustible tobacco cigarettes among youth and young adults. However, transition to regular use of tobacco cigarettes is unclear at this time.

Executive Summary

For more information on the creation of this document and the scientific literature it’s based on, visit the Executive Summary.