

Lower-Risk Nicotine Use Guidelines

PRODUCTS AND RECOMMENDATIONS	LEVEL OF EVIDENCE	STRENGTH OF RECOMMENDATION	SUMMARY STATEMENTS AND CONSIDERATIONS
<p>Recommendation #1: Use of Smokeless Tobacco (SLT) should be discouraged.</p>	Low	Strong	<ol style="list-style-type: none"> 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. 2. SLT is associated with an increased risk of fatal IHD and stroke. 3. SLT is associated with an increased risk of adverse health outcomes in newborns when used in pregnancy.
<p>Recommendation #2: Use of Heated Tobacco Products (HTP) should be discouraged.</p>	Moderate	Strong	<ol style="list-style-type: none"> 1. 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. 2. There is strong evidence that HTP products produce side-stream exposure to HPHC for those exposed second-hand. 3. The impact of HTP on conventional cigarette smoking behaviour is unclear. 4. Majority of research is largely industry-funded, but there is some independent corroboration.
<p>Recommendation #3: Water-pipe smoking should be discouraged.</p>	High	Strong	<ol style="list-style-type: none"> 1. Water-pipe smoking is associated with serious health risks (including various cancers and cardiovascular disease). 2. Herbal water-pipe smoking is associated with serious health risks and is not a safe alternative to tobacco water-pipe smoking. 3. Exposure to second-hand smoke from water-pipes poses serious health risks. Water-pipes should not be smoked indoors or in public places where others are exposed. 4. Water-pipe smoking while pregnant is associated with low birth weight.
<p>Reproductive Health</p> <p>Recommendation #4: Use of SLT, HTP, water-pipes, and e-cigarettes should be discouraged in women who are pregnant</p>	Very Low	Strong	<ol style="list-style-type: none"> 1. There is evidence that smokeless tobacco use may be associated with adverse pregnancy outcomes, including an increased risk of low birth weight, preterm birth and stillbirth. 2. Water-pipe smoking is associated with intrauterine growth restriction and low birth weight. 3. There is no evidence from human studies to conclude that it is safe for pregnant women to use e-cigarettes. 4. There are no human studies on pregnancy and fetal outcomes associated with the use of e-cigarettes during pregnancy. 5. There is no evidence to support the use of e-cigarettes as a smoking cessation strategy for pregnant women. 6. There is some evidence from animal studies that e-cigarettes can adversely affect fetal development, including changes in DNA and fetal anomalies. 7. There is insufficient evidence on the effects of e-cigarettes on reproductive health. <p>Considerations</p> <ul style="list-style-type: none"> • Refer to the CAN-ADAPTT guidelines for smoking cessation for pregnant and breastfeeding women. • Despite the lack of evidence, e-cigarettes may reduce some risk for women who are pregnant. Refer to considerations under e-cigarettes if using. • The risks of e-cigarettes may be estimated by the risk of exposure to nicotine during pregnancy. Women who are pregnant should be advised to reduce the frequency of use and the concentration of nicotine in e-cigarettes. • Women who are pregnant should be encouraged to switch to nicotine replacement treatment to reduce possible harms.
<p>E-cigarettes: Addiction</p> <p>Recommendation #5a: Use of E-cigarettes with nicotine should be discouraged among non-smokers due to the risk of addiction.</p>	Moderate	Strong	<ol style="list-style-type: none"> 1. There is substantial evidence that e-cigarettes with nicotine are addictive, and that their use results in symptoms of dependence on e-cigarettes. 2. There is substantial evidence that e-cigarette 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. <p>Considerations</p> <ul style="list-style-type: none"> • Use of high-dose nicotine salts may increase risk of addiction. • Youth and young adults should be advised that e-cigarettes are addictive and that nicotine addiction may increase the risk of using combustible tobacco cigarettes. • Restrict the use of e-cigarettes to protect non-users from airborne particulate matter.
<p>E-cigarettes: Cessation</p> <p>Recommendation #5b: E-cigarettes with nicotine may be an effective cessation aid for people who use combustible tobacco.</p>	Moderate	Conditional	<ol style="list-style-type: none"> 1. Systematic reviews and RCTs provide some evidence of the effectiveness of e-cigarettes as a cessation aid. 2. More frequent use (i.e.: daily) of e-cigarettes is associated with an increase in cessation outcomes. 3. People who use combustible nicotine products should try to quit using approved smoking cessation treatments first. If they are unable or unwilling to quit, e-cigarettes can be considered. <p>Considerations</p> <ul style="list-style-type: none"> • E-cigarettes as a cessation aid may be most effective when combined with behavioural counselling. • Smokers should be advised to switch completely from combusted tobacco to e-cigarettes and to use e-cigarettes when they would normally have smoked tobacco cigarettes. • There is no evidence for a specific device type or amount of nicotine that is most effective for cessation. • Switching completely to e-cigarettes will significantly reduce the harms associated with combusted tobacco. However, smokers should be advised that harms associated with long-term e-cigarette use are currently unknown. • Continued use of e-cigarettes may reduce risk of relapse to combustible tobacco.
<p>E-cigarettes: Health Outcomes</p> <p>Recommendation #5c: People who do not use any tobacco products should not use e-cigarettes</p> <p>Recommendation #5d: People who are currently using e-cigarettes should stop or switch to safer forms of nicotine such as NRT.</p> <p>Recommendation #5e: People who switch from combustible tobacco to e-cigarettes will reduce their exposure to numerous toxicants and carcinogens.</p> <p>Recommendation #5f: For people who use combustible tobacco products and cannot quit by other means, e-cigarettes may be a lower risk alternative.</p>	Low - Moderate	Conditional	<ol style="list-style-type: none"> 1. The long-term health effects of e-cigarette use are unknown. 2. In addition to the known effects of nicotine, there is some evidence that e-cigarettes can cause negative health outcomes such as cough and mouth and throat irritation as well as potential negative pulmonary and cardiovascular effects. <p>Considerations</p> <ul style="list-style-type: none"> • E-cigarettes are less harmful than combustible tobacco, but are not completely harmless. In addition to nicotine, most e-cigarette products contain and emit substances with unknown harms when inhaled. • If you use these products, you should consider the following : <ul style="list-style-type: none"> ◦ Do not purchase unsafe illicit/black market e-liquids, pods or devices. ◦ Don't adulterate your products (THC, vitamin E, other oils, etc.) or modify the device. ◦ Keep the products away from children. ◦ It is unclear what risks are associated with using e-cigarettes and combustible tobacco concurrently. ◦ Receive instruction on the use of the device given the variability in device types, etc.

For more information on the creation of this document and the scientific literature it's based on, visit the [Executive Summary](#).