

[IMAGE]

## E-Cigs: Reversing a Positive Trend

By Editorial Staff

For the past 40 years, adolescent cigarette use has been on a progressive decline. However, that positive trend may soon be reversing with e-cigarette use, which research suggests increases the likelihood that adolescent users will transition to traditional cigarette use. In fact, according to the latest study, adolescents who use e-cigs before trying any traditional tobacco products are more than *four times* as likely to transition within a few years compared to teens who do not try e-cigs first. Sobering statistics – and just when it seemed as if we were making progress.

The study authors' conclusion, published along with their findings in *JAMA Network open*, emphasizes the damage of e-cig use among adolescents ages 12-15: "[W]e estimated that 21.8% of new ever cigarette use and 15.3% of current cigarette use in the US youth population may be attributable to initiating tobacco products through e-cigarette use. Comparatively, we estimate 12.8% of cigarette initiation and 13.7% of current use is attributable to the prior use of other noncigarette products. These estimates suggest that the proportion of smoking attributable to e-cigarettes may be larger than the proportion attributable to all other products combined."

The bottom line: Although e-cigs may be an effective way to transition *current* cigarette smokers (especially longtime smokers) away from cigarettes, evidence suggests among nonusers, particularly adolescents, their use may serve as nothing more than a gateway to cigarette smoking, potential addiction ... and a potential reversal of the positive trend *away* from cigarette use we've noted for so many years. [Click here](#) for more statistics and facts regarding the use of e-cigarettes and other tobacco products by adolescents.

Page printed from:

[http://www.toyourhealth.com/mpacms/tyh/article.php?id=2616&no\\_paginate=true&no\\_b=true](http://www.toyourhealth.com/mpacms/tyh/article.php?id=2616&no_paginate=true&no_b=true)