



# Dental Vaping Screening Toolkit

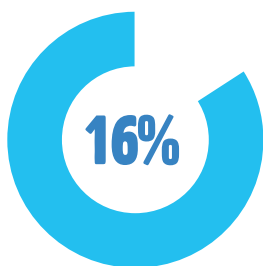
Vermont Tobacco Control Program



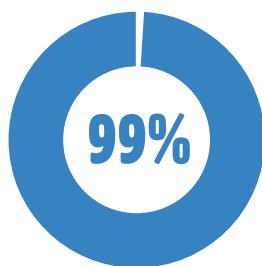
## Executive Summary

As a health care professional who interacts with teens, you have a tremendous opportunity to screen for all forms of tobacco use and educate patients on their dangers. This guide, created by the Vermont Tobacco Control Program, will assist the dental team in including vaping when screening Vermont youth for tobacco use and referring to prevention and cessation resources.

In recent years, the emergence of electronic cigarettes has become a new threat to the public health of Vermont's teens. Innovative vaping device designs, interesting flavors, and social media advertising contribute to high experimentation and use rates among young people. Some important information to note:



16% of Vermont high school students currently use e-cigarettes.<sup>1</sup>



99% of e-cigarettes contain nicotine.<sup>2</sup>



Nicotine harms the developing brain of youth and puts them at risk for addiction to other drugs.<sup>3</sup>



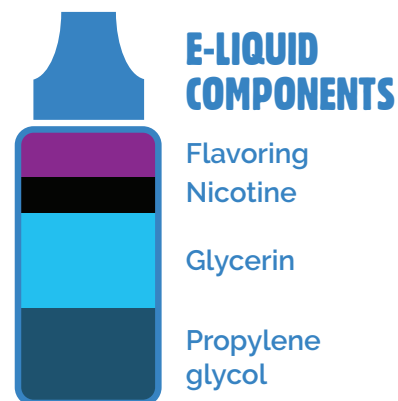
<sup>1</sup>Data Source: Vermont High School YRBS 2021

<sup>2</sup>[https://www.cdc.gov/tobacco/basic\\_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html#one](https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html#one)

<sup>3</sup><https://truthinitiative.org/research-resources/harmful-effects-tobacco/nicotine-and-young-brain>

## What is vaping?

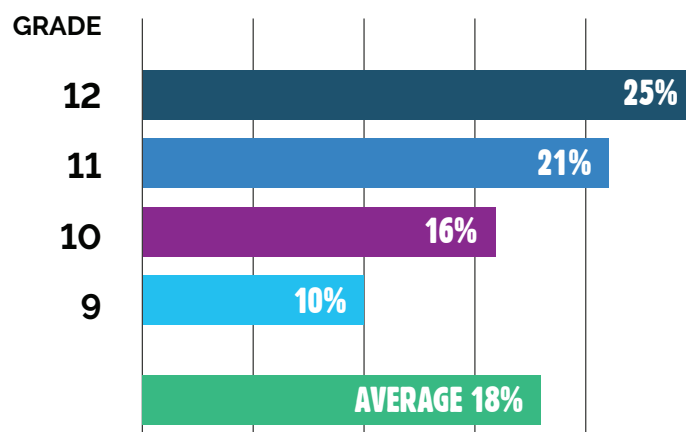
Vapes work by heating nicotine extracts from tobacco with other harmful chemicals to create an aerosol that is inhaled by the user. Despite claims that vapes do not contain nicotine, nearly all do. Moreover, other toxic ingredients can include: propylene glycol (an ingredient in antifreeze); acrolein (a herbicide); diacetyl (a chemical linked to lung disease); heavy metals (like nickel, tin, or lead); and benzene (a chemical in car exhaust).



## Statistics

As seen in the chart, youth vaping rates were on the rise before the pandemic. And while rates are starting to decrease, youth vaping is still a prominent issue. For example, tobacco companies continue to find new ways to deliver nicotine and other harmful substances to youth today. As medical professionals, you can play a part in reducing and preventing the use of vapes and emerging tobacco products, including oral nicotine pouches<sup>1</sup>.

**Vermont High School Students Who Used Cigarettes, Cigars, Smokeless Tobacco, or Electronic Vapor Products in the Past 30 Days**



Data Source: Vermont High School YRBS 2021

<sup>1</sup><https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10611559/>



## Clinical encounter

Clinical encounters with patients are great opportunities to screen for tobacco and vape use. **Ask. Advise. Connect.** is a simple approach to identify tobacco use, provide education, and connect patients to prevention and cessation resources. See page 5 for more information.

Oftentimes a teenager may be accompanied by a parent who is in the same room during the dental exam **IMN1**. A youth who is being asked questions about substance use may not be forthcoming in their answers. As such, it may be better to educate each young person about the dangers of vaping and let them know about available resources for quitting.

My Life, My Quit™ is a free and confidential service for those 12-17 who want to quit all forms of tobacco and vaping. Resources for parents and guardians who want to take an active role in their teen's quit journey are available online.

### To learn more:



Call 1-855-891-9989



MyLifeMyQuit.org



Text "start my quit"  
to 36072



## Oral health effects of vaping

Since vaping is a relatively new form of nicotine delivery, we're just beginning to learn about the adverse health effects. However, there are physical changes that can be seen by a dental professional during an oral examination, such as:

**GINGIVITIS:** a common and mild form of gum disease that causes inflammation, or irritation, redness and swelling, of gingiva, or the gums around the base of teeth. Gingivitis can lead to tooth loss and a much more serious gum disease called periodontitis.

**PERIODONTITIS:** a serious gum infection that damages the soft tissue and destroys the bone that supports teeth. Periodontitis can cause teeth to become loose or tooth loss.

**PERIODONTAL DISEASE:** gingivitis and periodontitis.

**RECESSION:** when gums recede or pull away from teeth.

**CAVITIES, TOOTH DECAY OR CARIES:** a cavity or hole in the tooth.

**RAMPANT DECAY OR CARIES:** a sudden onset of widespread caries that affects most of the teeth and penetrates quickly to the dental pulp.

**PRECANCEROUS LESIONS:** changes to cells of the mouth that can make them more likely to develop into cancer.

**XEROSTOMIA:** dry mouth.



Periodontitis caused by vaping<sup>1</sup>



Periodontal disease caused by vaping<sup>2</sup>



Cavities caused by vaping<sup>3</sup>



Lesions caused by vaping<sup>4</sup>

<sup>1</sup> Vaping and Oral Health | Dear Doctor Dentistry & Oral Health

<sup>2</sup> E-Cigs and Oral Health | Zak Dental

<sup>3</sup> Vaping and Oral Health | Britten Periodontics & Implant Dentistry

<sup>4</sup> E-Cigarette and palatal ulcer: a possible relationship? | Wiley Online Library

## Ask. Advise. Connect.

Statistics show that 6% of Vermont high school students used cigarettes before age 13. One in 15 students have tried cigarettes, cannabis or flavored tobacco before age 13.<sup>1</sup> This toolkit will equip you and your staff with resources to help prevent vaping initiation and reduce or cease use altogether. Your practice can bill Medicaid for tobacco cessation counseling time using CDT codes. Visit [802Quits.org](http://802Quits.org) to learn more about billing and coding.

## Ask.

***ASK involves listening to provide support that assists in changing behavior. Avoid lecturing or criticizing.***

Questions you ask youth during your exam should be clear, singular, neutral, include time frames when applicable, and be appropriate for your patient.

- Clear: Be straightforward but nonjudgmental.
- Singular: Ask one question at a time and give the patient ample opportunity to answer.
- Appropriate: Consider the identities and experiences of your patient when asking questions. This means being culturally sensitive and using preferred names and pronouns.
- Understandable: Use terminology that youth understand. Instead of "electronic cigarettes," use terms like "vapes," or "mods," and reference popular tobacco and nicotine brands like "JUUL," "Zyn", "Vuse" or "Puff Bar."
- Neutral: Avoid loaded words, phrases and stereotypes that might lead the patient to an answer.
  - Instead of: "During the last month, you didn't vape again, did you?"
  - Try: "During the last month, how many days, if any, did you vape?"
- Time frame: Youth behaviors change often, so include a time frame when asking a question.
  - Instead of: "Do you vape?" or "Have you ever vaped?"
  - Try: "Have you vaped in the past month?"

## Advise.

During your clinical encounter with a young patient, take the opportunity to advise against the use of vaping and nicotine products. Applying your knowledge regarding tobacco use can be applied to vaping use. In a clear, strong and personalized manner, explain the importance of quitting any form of tobacco.

## Connect.

Every interaction with youth should be accompanied by information on available resources for vaping cessation.

My Life, My Quit is a comprehensive and confidential free program that combines the best practices for youth tobacco and vaping cessation. Through the program, teens work with a coach who listens and understands their unique needs, provides personalized support, and helps them build a quit plan to become nicotine-free. For additional program information visit the health care professionals section of [MyLifeMyQuit.org](https://vt.mylifemyquit.org/en-us/resources/health-care-professionals/) or <https://vt.mylifemyquit.org/en-us/resources/health-care-professionals/>

Nicotine replacement therapy (NRT) is not provided to youth but can be provided by primary care physicians if deemed necessary.

See the sidebar for excellent resources.

## Resources For Teens:

### My Life, My Quit



Call 1-855-891-9989



[MyLifeMyQuit.org](https://vt.mylifemyquit.org)



Text "start my quit"  
to 36072

## Resources For Adults:

### Vermont Tobacco Quitline



Call 1-800-QUIT-NOW



[802Quits.org](https://802quits.org)



Text "QUITNOW"  
to 333888

## Ask.

Screen for tobacco or vaping use with every patient.

*"What do you already know about vapes? Juuls?"*

*"What experiences, if any, have you had with vapes? Juuls? Puff Bars?"*

*"What questions, if any, do you have about using vapes? SMOK? Melatonin Vapes? Juuls?"*

*"Have you used a vape? Juul?"*

*"Do you have any friends who use tobacco or vaping products?"*

NO

YES

## Advise.

Advise all patients about the risk of tobacco and vaping use.

*Educate patients as to the risks of tobacco use.*

*Nicotine rewires and changes a young person's brain.*

*Using nicotine increases heart rate.*

*Nicotine can cause mouth cancer, gum problems and tooth decay.*

*Other chemicals in e-cigs along with nicotine can cause trouble breathing and damage to the lungs.*

*Encourage youth to not start tobacco use.*

## Connect.

Connect youth to resources and cessation services.

*"Is it okay with you if I share what I think would be best for your health?"*

*"What do you think about that?"*

*"Do you know what resources are available to you in Vermont?"*

## Cessation resources.

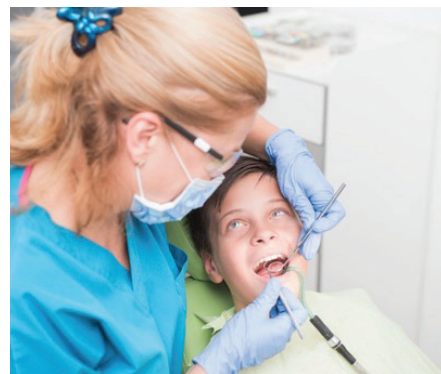
[MyLifeMyQuit.org](http://MyLifeMyQuit.org)

[802Quits.org](http://802Quits.org)



## Conclusion

Emerging tobacco and vape products are becoming more prevalent. The rate at which Vermont youth are using these vape and nicotine pouch products remains an immediate public health concern. Dental professionals can be on the front lines in delivering critical messages to youth regarding vaping prevention and cessation. Thank you for your assistance in protecting Vermont's youth.



## Additional resources

- [American Academy of Pediatric Dentistry Policy on Tobacco Use](#)
- [American Academy of Pediatric Dentistry Policy on Electronic Cigarettes](#)
- [American Dental Association Policies and Recommendations on Tobacco Use](#)
- [Office of the US Surgeon General: Know the Risks: E-cigarettes and Young People](#)
- [Health Care Professionals: Resources for vaping education](#)
- [Print resources for vaping education](#)
- [802Quits support materials](#)



802Quits.org



MyLifeMyQuit.org



HealthVermont.gov