



Dental Vaping Screening Toolkit

Utah Tobacco Prevention & Control Program

2024

Executive summary

As a healthcare professional who has interaction 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 Tobacco Prevention & Control Program from the Utah Department of Health & Human Services, will assist you in including vaping when screening Utah youth for tobacco use and refer to prevention and cessation resources.

In recent years, the emergence of electronic cigarettes has become a new threat to the public health of Utah'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:



1 in 5 Utah high school students use e-cigarettes.¹



99% of e-cigarettes contain nicotine.²

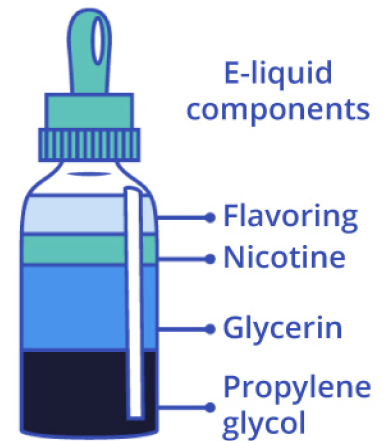


Nicotine harms the developing brain of youth and puts them at risk for addiction to other drugs.³



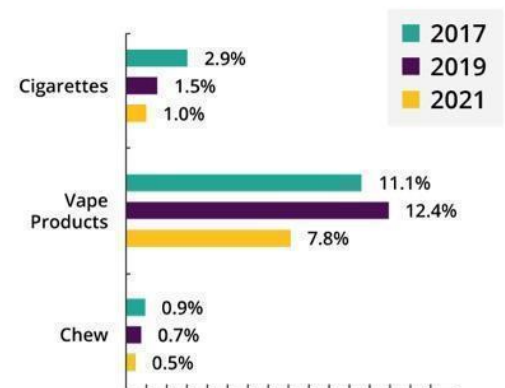
What is vaping?

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 tobacco vaping products.

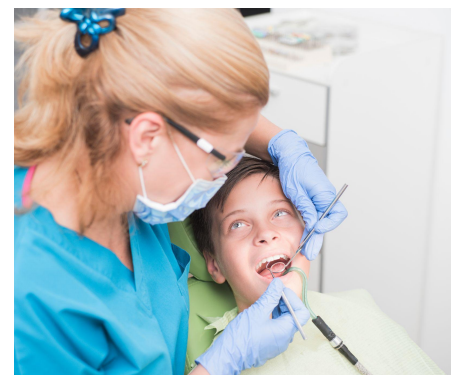


Percent of Utah Students in Grades 8, 10, and 12 Who Used Cigarettes, Vape Products and Chewing Tobacco in the Past 30 Days (Source: SHARP - PNA)

Clinical encounter

Clinical encounters with patients are great opportunities to screen for tobacco use, including vaping. 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 [MN1]. 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.



Oral health effects of vaping

Since vaping is a new form of nicotine delivery, little is known about the consequential adverse health effects. However, there are ill effects 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 your gingiva, or the gums around the base of your 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 your teeth. Periodontitis can cause tooth mobility 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
- **Common precancerous lesions or premalignancy include:** leukoplakia, erythroplakia, lichen planus, and other lesions.
- **Xerostomia:** dry mouth



¹ [Vaping and Oral Health | Dear Doctor Dentistry & Oral Health](#)

² [E-Cigs and Oral Health | Zak Dental](#)

³ [Vaping and Oral Health | Britten Periodontics & Implant Dentistry](#)

⁴ [E-Cigarette and palatal ulcer: a possible relationship? | Wiley Online Library](#)

Ask. Advise. Connect.

Statistics show that Utah youth often try vaping for the first time in 10th grade and become regular users shortly thereafter. This toolkit aims to equip you and your staff with resources to help prevent vaping initiation and reduce or cease use altogether.

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

Ask.

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,” “mods,” “JUUL,” or “puff bar.” If possible, find out what devices and brands are popular in your community and how youth refer to them.
- **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 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 tobacco.

- **“Nicotine can damage the developing brain of young people. Quitting all tobacco products, including vaping, is an important step you can take to improve your health.”**
- **“Quitting will protect your health, save you money, and increase your independence.”**
- **“When you vape, you’re inhaling chemicals and heavy metals: This can injure your lungs.”**
- **“It sounds like you’re using smoking/vaping to deal with stress. May I offer some suggestions about other ways to cope with stress?”**







Connect.

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

The My Life, My Quit program is a comprehensive, new program that combines the best practices for youth tobacco cessation adapted to include vaping. Youth can call 1-855-891-9989 or text "start my quit" to 36072 for resources specifically for teens. They can also visit ut.mylifemyquit.org for real-time coaching. Through the program, teens (ages 12 to 17) 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 ut.mylifemyquit.org.

Parental consent is collected by the service for youth who are not court referred. Nicotine replacement therapy (NRT) is not provided to youth. When the youth has completed all five coaching sessions, My Life, My Quit will issue them a certificate of completion.

The following are excellent resources:

For Teens:	For Adults:
<p>My Life, My Quit</p> <p> Call 1-855-891-9989</p> <p> ut.mylifemyquit.org</p> <p> Text "start my quit" to 36072</p>	<p>Utah Tobacco Quitline</p> <p> Call 1-800-QUIT-NOW</p> <p> WayToQuit.org</p> <p> SeeThroughTheVape.org</p>

Ask

Screen for tobacco or vaping use with every patient.

How to ask:

"What do you already know about vapes? Juuling?"

"What experiences, if any, have you had with vapes? Juuls? PuffBars?"

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

"Have you used a [e-cigarette]?"

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



Advise

Advise all patients about the risks 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 acid reflux.

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 OK 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 the state of Utah?"



Cessation resources

waytoquit.org
ut.mylifemyquit.org
SeeThroughTheVape.org

Conclusion

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



Additional resources

- [American Academy of Pediatrics: Vaping: Dangerous, Available & Addicting](#)
- [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](#)
- [Taking a Vaping History: Screening, Responding, and Preventing](#)
- [Print resources for vaping education](#)



way to quit  **.org**

1.800.QUIT.NOW