

Smoking Cessation Clinical Champion Update



Clinical Champion Update

Date: 4/16/2025

Subject: Smoking and Vaping Co-use

Smoking and Vaping Together Increases Lung Cancer Risk More Than Smoking Alone

People who both smoke cigarettes and use electronic cigarettes (e-cigarettes, e-cigs, or vapes) **are 4 times more likely** to develop lung cancer than people who only smoke cigarettes, new research finds.

The study found that combining both cigarette smoking and vaping is much more common in people with lung cancer. **In fact, people with lung cancer were 8 times more likely to both smoke and vape than people without lung cancer.** The researchers also found that both men and women who smoked and vaped had an increased risk of lung cancer. The study was published in the [*Journal of Oncology Research and Therapy*](#).

“My takeaway from this study is that patients who smoke and vape really need to make efforts to quit both, because it’s very clear that both are harmful to the lungs. And both, particularly in combination, increase the risk of developing lung cancer. Frankly, this is at a degree much higher than I would have expected,” said Ryan Gentzler, MD, an American Society of Clinical Oncology (ASCO) expert and an associate professor in hematology and oncology at the University of Virginia Comprehensive Cancer Center.

Source: <https://www.cancer.org/cancer/latest-news/smoking-and-vaping-together-increases-lung-cancer-risk-more-than-smoking-alone.html>

Smoking and vaping had overlapping adverse health effects, dual product use may be worse

Airway irritation from smoking or vaping appeared to be the source of vascular damage, according to two new studies in Arteriosclerosis, Thrombosis and Vascular Biology (ATVB) Journal.

Research Highlights:

- New research finds that the cardiovascular effects of smoking and vaping are likely caused by airway irritation, and inhalation of any foreign substance may cause harmful effects on blood vessel function.

- Although smoking and vaping may have similar harmful cardiovascular effects, they each appear to cause some potentially damaging effects that the other does not, suggesting that dual product use may be worse than using either product alone.
- Results from two studies indicate that vaping is not a harmless alternative to smoking, and future research is needed to investigate the cardiovascular effects of chronic vaping, researchers said.

DALLAS, Oct. 26, 2022 — Two related studies, one in humans and the other in rats, found that the cardiovascular effects of cigarettes and e-cigarettes are strikingly similar, and these harmful effects on blood vessel function are likely caused by airway irritation due to inhalation of a foreign substance, rather than a specific component of the cigarette smoke or e-cigarette vapor (aerosol), according to new research published today in the American Heart Association's peer-reviewed journal **Arteriosclerosis, Thrombosis and Vascular Biology (ATVB)**.

Cigarette smoking and e-cigarette vaping are both known to cause endothelial dysfunction, the inability of the large blood vessels to open enough to supply sufficient blood to the heart and other tissues. This can be an early predictor of cardiovascular diseases. Endothelial cells line the inside of all blood vessels and regulate the opening of blood vessels, the exchange of substances between the bloodstream and surrounding tissues, and immune and inflammatory responses.

"The goal of this project was to determine why a growing number of inhaled tobacco products, including combustible cigarettes, heated tobacco products and e-cigarettes, all impair endothelial function despite fundamental differences in these products," said the lead researcher of both studies Matthew L. Springer, Ph.D., a professor of medicine in the division of cardiology at the University of California, San Francisco. "Thousands of chemicals have been identified in tobacco smoke, some of which are also present in e-cigarette aerosols, either as an original ingredient or as a chemical reaction product of the heating process. We sought to find which specific component of smoke or e-cigarette vapor may be responsible for interfering with blood vessels' ability to function efficiently." Springer and colleagues conducted two studies to assess the effects of smoking and vaping on cardiovascular function in both rats and humans.

Source: <https://newsroom.heart.org/news/smoking-and-vaping-had-overlapping-adverse-health-effects-dual-product-use-may-be-worse>

Thank you,
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