

Clinical reviews

Our panel of GPs review recent research papers in their specialist areas that may influence the way you practise

Reviewers

Addiction

Dr Jez Thompson
GP Leeds and Clinical
Director Lifeline (North)
RCGP regional lead
substance misuse

Cardiovascular disease

Dr Peter Savill
GP Watercress Medical,
Medstead
GPwSI Cardiology,
Southampton

Diabetes

Dr Matthew Lockyer
GP with an interest in
diabetes, Suffolk

Dr Peter Savill

GP Watercress Medical,
Medstead
GPwSI Cardiology,
Southampton

Mental health

Dr Phillip Bland
GP with an interest
in mental health,
Dalton-in-Furness

Obstetrics and gynaecology

Dr Chris Barclay
GP with an interest
in O&G, Suffolk

Paediatrics

Dr Chris Barclay
GP with an interest
in O&G, Suffolk

Sexual health

Dr Richard Ma
GP with an interest
in sexual health and
NIHR Research Fellow,
Imperial College,
London

Smoking cessation

Dr Jez Thompson
GP Leeds and Clinical
Director Lifeline (North)
RCGP regional lead
substance misuse

Urology

Dr Jonathan Rees
GPwSI Urology, Bristol

Smoking cessation

Adolescents who use e-cigarettes more likely to start smoking

A fifth of teenagers who smoked e-cigarettes only were smoking tobacco a year later, compared with only 6% of those who did not smoke either initially, a study from the United States has found.

A longitudinal observational study, involving 2,338 students from six high schools in Hawaii, was carried out. The students aged 14-16, mean 14.7 years, were questioned about e-cigarette use and other smoking behaviour at baseline in 2013 and again a year later.

All data analyses were controlled for demographic and psychosocial variables that could be linked to e-cigarette use and to smoking.

Almost all of those interviewed in 2013 (96%) had heard of e-cigarettes, and around two thirds (68%) considered them healthier than smoking tobacco.

Just under a third of the students (31%) had used e-cigarettes by 2013, and this increased to 38% by 2014. Significantly fewer students (15%) had smoked at least one cigarette in 2013,

rising to around one in five (21%) by 2014.

Of the original e-cigarette use only group, 20% had started tobacco smoking by 2014. Of those who smoked neither e-cigarettes nor tobacco at baseline, 10% had started smoking e-cigarettes, 2% cigarettes and 4% both by 2014.

Students with higher levels of family support and education were less likely to make the transition from not using either e-cigarettes or tobacco to use of both by the time of the second interview.

E-cigarette use among cigarette smokers at baseline was not linked to any reduction in tobacco smoking frequency by the second interview.

The clear conclusion from this study is that adolescents who use e-cigarettes are more likely to start smoking cigarettes than those who do not use e-cigarettes.

The authors go on to suggest that policies which restrict adolescents' access to e-cigarettes may be justifiable from a public health perspective.

DR JEZ THOMPSON

Wills TA, Knight R, Sargent JD et al. Longitudinal study of e-cigarette use and onset of cigarette smoking among high school students in Hawaii. *Tob Control* 2016;0:1-6. doi:10.1136/tobaccocontrol-2015-052705 »