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### The Characterization of E-cigarette Use in Inflammatory Bowel Disease

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# THE CHARACTERIZATION OF E-CIGARETTE USE IN INFLAMMATORY BOWEL DISEASE

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E-cigarettes represent a popular method of nicotine replacement and an adjuvant tool to aid in smoking cessation; however, the effect on disease course and smoking cessation efficacy in inflammatory bowel disease (IBD) patients is unclear. The primary aim of this project was to delineate the behavior and pattern of e-cigarette usage in IBD patients. All patients with an IBD diagnosis and self-reported history of e-cigarette use were retrospectively identified from a prospective cohort of IBD patients recruited between 2014 and 2016. Eligible patients who consented to participate were administered a comprehensive telephone questionnaire addressing multiple e-cigarette behaviors including the type and quantity of e-cigarettes used, duration of use, nicotine content, and motivations for use. Kruskal-Wallis and Fisher's exact tests were used to evaluate comparative data, as appropriate. Of 304 patients screened, 49 (16.1%) were eligible for study inclusion. Of those eligible, 27 consented to participate, 14 declined to participate, 7 were unable to be contacted, and 1 yielded insufficient data. Seven (25.9%) were current e-cigarette users and 20 (74.1%) were prior users. Current users were less likely to be current smokers (0% vs 50%,  $p = 0.026$ ) and used e-cigarettes for a longer duration of time (34 vs 6 months,  $p = 0.036$ ). Use of e-cigarettes reduced cravings for regular cigarettes in 21 (77.8%) people with sustained smoking cessation in 17 (63%). Motivation for choosing e-cigarettes over other methods of smoking cessation included poor success of other methods (74%) as well as the appeal of the hand to mouth habit and resemblance to regular cigarettes (64%). IBD patients who used e-cigarettes experienced a reduced craving for regular cigarettes with a smaller but substantial proportion experiencing sustained smoking remission. Larger scale studies are needed to confirm the efficacy of e-cigarettes in smoking cessation among IBD patients as well as determine the impact on clinical course.