

## CHOOSING THE BEST WAY FOR YOU

Vapes that contain nicotine are the most commonly used quitting aid in the UK and are effective for helping people to stop smoking. Research has shown they are more effective than nicotine replacement therapy.

Alongside vapes, there are other ways to help you to stay smokefree such as using nicotine patches, inhalators or gum, or taking medicines prescribed by your doctor. Receiving regular support from your local stop smoking service will also increase your chance of quitting.

**Talk to your doctor, pharmacist or specialist advisor to find out more.**

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In addition to stop smoking support, we offer free One You Clinics to support you to live a healthier lifestyle and free NHS Health Checks to eligible people aged 40 - 74 years.

Visit [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk) for more information.



**ONE YOU PLYMOUTH**

I regularly see people with breathlessness and respiratory infections which are all made much worse by breathing in smoke.

Switching to a vape is a simple and effective way to avoid the complications of smoking and to stay healthy.

**Dr Benjamin Jameson, GP and Clinical Lead, Health Inclusion Pathway, Plymouth**

## WHAT YOU NEED TO KNOW

- 1** Smoking tobacco is known to harm your health in many ways. You can reduce these harms by stopping smoking.
- 2** Vaping is much less harmful than smoking. Any amount of tobacco smoking is harmful.
- 3** Vapes, as well as other stop smoking aids, are effective in helping people to quit. If you vape, you should stop smoking completely.
- 4** Vaping is a less harmful alternative for people who currently smoke. Those who don't smoke shouldn't start to vape.
- 5** If using a vape to quit smoking, it is important to make sure it is used regularly and for as long as you need it to prevent you from going back to smoking.

**Adapted from NHS North East and North Cumbria ICB.**

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# VAPING TO QUIT SMOKING

What you need to know



# IF YOU SMOKE, VAPING CAN HELP YOU TO STOP

Quitting smoking is the best thing you can do for your health and wellbeing. Every cigarette you smoke sends poisons around your body, raising the risk of lung disease, cancer, heart disease and stroke. In fact, smoking can shorten your life by around 10 years. Nicotine vaping is much less harmful than smoking and can be used as a tool to help you become smokefree for good.

## WHAT ARE VAPES / E-CIGARETTES?

A vape / e-cigarette is a device that allows you to inhale nicotine in a vapour rather than smoke. Vapes do not contain tobacco. They do not produce tar or carbon monoxide, two of the most damaging elements in tobacco smoke. Vaping liquids come in different nicotine strengths, so you control how much nicotine you need to help with cravings and other withdrawal symptoms.



Cigalikes



Vape pens



Mods



Pod systems

## YOUR QUESTIONS ANSWERED:

**Q: Is vaping less harmful than smoking?**

Vapes offer a much less harmful alternative to cigarettes.

Whilst not risk free, vapes can be used with much lower risk than continuing to smoke tobacco, which prematurely kills at least 1 in 2 long term users. Vaping instead of smoking can also reduce exposure to secondhand tobacco smoke for those around you.



**Q: Is vaping cheaper than smoking?**

The cost of a starter kit can vary but once this initial investment is made, switching completely from cigarettes to vapes could save you thousands of pounds every year.



**Q: Are vapes less of a fire risk than cigarettes?**

There have been instances of vapes catching fire but these are very rare. Cigarettes continue to pose the greatest fire risk.

As with all rechargeable electrical devices, the correct charger should be used and the device should not be left charging unattended or overnight.



**Q: Do vapes contain fewer chemicals than cigarettes?**

Tobacco smoke contains thousands of harmful chemicals, many of which cause cancer and other smoking-related diseases.

The e-liquid in vapes typically contains propylene glycol, vegetable glycerine, flavourings and nicotine. There are clear rules covering ingredients, as well as things like the size of the tank, nicotine strength and packaging.

Make sure you buy your vaping products from a reputable retailer so you can be confident they are covered by the rules.



**Q: Is it OK to continue using nicotine by vaping?**

Although addictive, nicotine is not the cause of smoking related diseases and most of the harm comes from the chemicals in tobacco smoke.

Like nicotine replacement therapies, using vaping devices mean that you can consume nicotine (the addictive substance) in a less harmful way and at a level that is right for you.

