

# THE CURE PROJECT

CURING TOBACCO DEPENDENCY IN GREATER MANCHESTER



## Vaping factsheet

**MAKE  
SMOKING  
HISTORY**



## Introduction

- Smoking tobacco is extremely addictive and extremely harmful
- 1 in 2 people that smoke tobacco will die prematurely
- For every person that dies from smoking, another 30 will suffer a serious smoking-related illness
- Nicotine is the addictive substance in tobacco smoke. It is the reason people become dependent on cigarettes
- Nicotine itself, however, is relatively harmless and **does NOT** cause the diseases or death from smoking
- The harm of smoking is caused by more than 5000 poisonous chemicals in the smoke made when tobacco is burnt
- Vaping is a different way to get nicotine without smoking tobacco
- Vaping can help a person stop smoking tobacco

## What is vaping?

- A vaping device contains nicotine liquid and a heating element
- As the user sucks air through the vape, the heating element is triggered which heats the nicotine liquid to create a vapour
- This vapour is inhaled into the lungs and nicotine is absorbed into the body very quickly
- Vaping provides a 'hit' of nicotine and an experience very similar to smoking tobacco
- **Vaping is NOT smoking**
- Vapes do NOT contain tobacco and there is no burning so there are **substantially less harmful chemicals**



## Is vaping safe?

Vaping is not completely risk free, but experts agree it is substantially less harmful than smoking tobacco. It is estimated that vaping is 95% less harmful than smoking tobacco.

## How do I use a vape?

- The aim of vaping is to provide the user with enough nicotine so there is no need, or desire, to smoke tobacco
- Nicotine is relatively harmless and **you can't overdose on nicotine, so use the vape as much as is needed!**
- It is important to use the strongest strength nicotine liquid (strongest liquid in the UK is 20mg) to prevent cravings for cigarettes
- Remember, **you can add in nicotine patches and use fast-acting nicotine products** (gum, lozenges, sprays, inhalator) as well as your vape (there may be situations where you can't use your vape)
- **It is all about getting enough nicotine so that there is no need to smoke tobacco**

## What about flavours?

- Some people want something that tastes and smells completely different to tobacco. If this is the case for you, flavoured nicotine liquids can help
- Some people find switching to a vape can make them cough more than smoking tobacco and flavours can help reduce this
- Others want to keep the taste and smell of tobacco and tobacco-flavoured nicotine liquids are also available.
- There is no right or wrong answer, flavours are just there to help improve the experience of vaping if needed



## How good is vaping at helping someone to stop smoking tobacco?

- Vaping is very good at helping a person to stop smoking
- It provides a 'hit' of nicotine very similar to smoking that nicotine patches and gums/sprays can't
- Vaping is twice as effective as patches & gums/sprays at helping someone to stop smoking tobacco
- It is the same experience as smoking as the user inhales the vapour and keeps the hands/fingers busy
- Vaping kits and liquids are very easy to access
- It is these reasons that make vaping very popular as well as being very effective at helping someone to stop smoking tobacco

## Are there different types of vapes?

- There are many different types of vapes, some look like normal cigarettes; others have a pen-like shape or a box-like shape with a mouthpiece.
- Talking to a licenced vendor in a vaping shop can help you understand what device might suit you best. Specialists in stop smoking teams can also help you understand what device might suit you best and how best to use it.

## Can vapes be prescribed by doctors & nurses?

- Vapes can't be prescribed at the moment (this might change in the future)
- However, a number of tobacco dependency treatment teams (like the CURE teams in Greater Manchester) supply vaping devices and liquids as part of a person's treatment plan to be smoke-free.

## How long should I vape for?

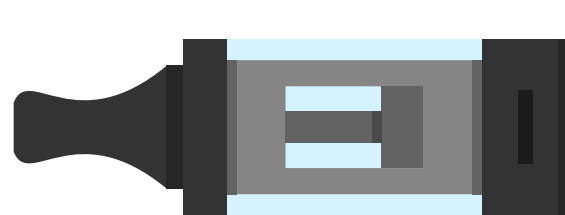
- Vaping is a very effective way to stop smoking tobacco
- Ultimately, the aim should be to stop vaping but **not if this means starting to smoke tobacco again**

## Is there any risk to others from the vapour?

- E-cigarette vapour is mainly composed of propylene glycol or glycerine (the same substances used in smoke machines in theatres). The risks to bystanders from exposure to e-cigarette vapour are likely to be extremely low.
- The vapour that a person breathes out when they vape is mainly the substance used to dissolve the nicotine
- There are no significant risks to bystanders from the vapour
- It can be a nuisance to bystanders and all reasonable efforts should be made to reduce this where possible

## Can you vape if you are pregnant?

- Any risks of vaping to the unborn child are as yet unknown
- However, any risk will be substantially less than the very well-known risks of smoking to the unborn child (stillbirth, miscarriage, birth defects, premature birth, low birth weight)
- Vaping is a very effective way to stop smoking and this remains just as true for a pregnant woman as for anyone else
- During pregnancy, a women's body will remove nicotine faster and so pregnant women may need higher doses of nicotine from a vape and to use the vape more often



## Nicotine poisoning risk

Reported cases of accidental exposure to vaping-liquid have included young children ingesting the liquid from vape cartridges and refills which may not be childproof.

Vapes and vaping-liquids should always be kept out of the reach of children.

## Fire risk

There have been reported cases of house fires caused by faulty vape batteries and chargers.

Always use the correct charger and never leave vapes charging unattended.

## Use with home care oxygen

Vapes should never be used (nor their batteries recharged) in the vicinity of homecare oxygen as there have been reported cases of ignition and fire in such circumstances.

## Illicit e-liquids

Recent deaths and severe lung disease in America, related to vapes, were due to vaping illicit vaping-liquids containing cannabis and a substance called Vitamin E Acetate (illegal in the UK). Only buy vaping-liquids from a licensed vendor.

## What should I do if I want to try vaping?

- Speak to a tobacco dependency specialist (like the CURE team) or your local stop smoking service. Your chances of successfully stopping smoking are significantly higher with the support of a specialist who can help you get the most out of vaping. Many teams also offer vaping devices and liquids as part of their treatment & support
- Visit a local vape shop (some pharmacists also sell vapes) and ask about the different devices and flavours. They can help you get the most out of vaping. Visit [www.ibvta.org.uk](http://www.ibvta.org.uk) to find a licensed shop near you (British Independent Vape Trade Association).
- Remember, vaping is different to smoking and takes a little getting used to. It can sometimes make you cough to begin with. Speak to someone who knows about vapes to help with this (a healthcare specialist or a licensed vaping vendor). Stick with it because vaping is substantially less harmful than smoking tobacco and will make you healthier and wealthier

## Contact details for further information and support: