

# Vaping to quit smoking – swap to stop

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, increasing 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?

Yes, vaping is much less harmful than smoking tobacco.

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 much 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.

Correct disposal of vapes is important. Separate containers are available at local Recycling Centres and all District and Borough councils in West Sussex offer kerbside small electrical collections (see your Local Authority website for more information).

## 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. See [findavapeshop.com](https://www.findavapeshop.com)



## 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.



# Choosing the best way for you to quit smoking

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 that, for some people, vaping can be a more effective tool for quitting smoking than Nicotine Replacement Therapy (NRT).

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 stop smoking advisor about specialist support and the choices that might be right for you.**



*“Stopping smoking is the single most important thing you can do to improve your health and future quality of life. But we know it can be very difficult to do. Vaping provides an effective step in this process and is often an easier switch.*

*People are often wary of the risks of vaping. However, the data shows that the risk of continuing to smoke is much higher than vaping, like comparing mountains and molehills.”*

Dr Dominic Reynish, Consultant Respiratory Physician, St Richard’s Hospital

## 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 substantially 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** If you smoke, vaping is much safer. If you don’t smoke, don’t vape.
- 5** If using a vape to stop 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.

If you’d like help choosing the right vape and liquid, a specialist vape shop can give you lots of advice, see **[findavapeshop.com](https://findavapeshop.com)** or you can talk to your local specialist stop smoking advisor. To find out more visit our website **[westsussexwellbeing.org.uk/SmokingServices](https://westsussexwellbeing.org.uk/SmokingServices)**

