

E-CIGARETTES

Information for patients

Frequently Asked Questions

Using e-cigarettes can be a valuable tool in helping you give up smoking altogether. Learn more about vaping here by reading our frequently asked questions:



What are e-cigarettes?

Electronic cigarettes (e-cigarettes) also known as vapes are devices that allow users to inhale nicotine through vapour without most of the harmful effects of smoking. E-cigarettes work by heating a liquid that contains nicotine and flavouring to create a vapour.

Why should I make the switch from tobacco cigarettes to e-cigarettes?



Health: Smoking tobacco can cause cancer, damage to your heart and affect your blood flow, your lungs and oxygen supply. Smoking is known to make many long-term health conditions worse.



Less odour: There is no smoke or ash associated with e-cigarettes and the odour from the vapour is not as strong smelling.



No carbon monoxide or tar: E-cigarettes do not contain carbon monoxide or tar which are among the most harmful chemicals in tobacco cigarettes.



No second-hand smoke: Unlike regular cigarettes the vapour from e-cigarettes doesn't contain the same cancer-causing chemicals which linger in the air for up to 30 minutes after smoking tobacco.



Cheaper: It is difficult to estimate specific costs, but many users report that using e-cigarettes (vaping) is considerably cheaper than smoking.



Is Nicotine harmful?

Although nicotine is addictive, it is **relatively harmless**. The harm comes from the thousands of chemicals within tobacco cigarettes – most of these are not found in e-cigarettes.



Are e-cigarettes safe?

Nothing is as safe as stopping completely but research shows that e-cigarettes are **95% less harmful** than smoking tobacco.

The reported dangers from e-cigarettes such as explosions or fires usually arise from malfunctioning batteries. This is why it is important to buy them from a reputable retailer and only use the charger supplied.



Can I use an e-cigarette to help me quit?

YES! Many smokers find them useful for quitting smoking.

If you want to use an e-cigarette to help you quit you'll give yourself the best chance if you get expert support from a GP or pharmacy stop-smoking advisor or Smokefree Norfolk, your local NHS stop smoking service – 0800 0854 113.

Nicotine replacement therapy such as gum and patches are available on prescription and can be used in combination with e-cigarettes. E-cigarettes are not currently available on prescription.

E-cigarettes can be especially helpful at times when it's most important to quit smoking:



Before planned surgery – after surgery, smokers have a higher chance of chest infections and slower wound healing, and they make a generally slower recovery from surgery.



If you or your partner is pregnant – smoking is associated with pregnancy complications like miscarriage and stillbirth. Babies born to mums who smoke are also more likely to have long term breathing problems, heart defects and learning difficulties.



If you or someone you live with have a heart or lung problem – smoking can cause a worsening of your / their symptoms such as breathlessness and chest pain.



Are there any recommended brands I can use?

E-cigarettes cannot be prescribed, so no specific brand can be recommended. It is important to remember to buy from a specialist retailer.

Are there any restrictions on E-cigarettes?

18+

E-cigarettes can only be sold to you if you are **over 18**.



E-cigarettes should not be used if you / anyone you live with receives home oxygen.



E-cigarettes should be kept out of reach of children.

SUMMARY

E-cigarettes are less harmful than tobacco cigarettes to you and other people.

Whether you want to quit smoking for good, or just for a short time, you will give yourself the best chance if you get free help and support from a GP or pharmacy stop-smoking advisor or **Smokefree Norfolk** on **0800 0854113**

