

# Vaping to quit smoking

## What you need to know



Lincolnshire Community Health Services NHS Trust  
Lincolnshire Partnership NHS Foundation Trust  
Lincolnshire Integrated Care Board  
United Lincolnshire Hospitals NHS Trust

Working in partnership with



**Quitting smoking is the single most important way to improve your health and wellbeing and will save you a lot of money**

Smoking is one of the biggest causes of death and illness in the UK. Around 76,000 people die from smoking in the UK each year, with many more living with debilitating smoking-related illnesses.

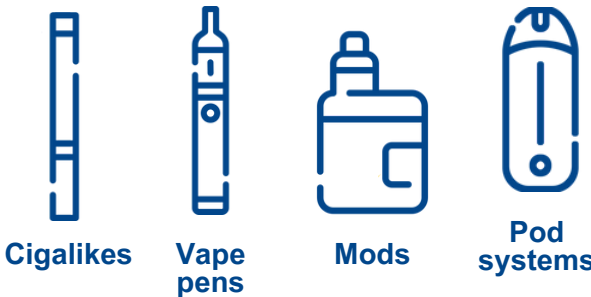
Second-hand smoke is dangerous and can impact the health of those around you, particularly unborn babies, and children

### What is a vape / e-cigarette?

A vape or e-cigarette is a device that delivers nicotine via vapour, not smoke.

It's the smoke produced when setting light to tobacco that makes smoking so harmful. Vaping does not produce tar or carbon monoxide.

#### Types of vape / e-cigarettes



**It is illegal to sell vaping products to anyone under 18 or for adults to buy them on behalf of under-18s.**

### Your questions answered...

#### Everyone else is vaping. Should I?

Vaping has not been around for long enough to know the long-term risks. Though substantially less harmful than smoking, vaping is unlikely to be totally harmless. We therefore only support the use of vapes / e-cigarettes as an aid to help smokers aged over 18 to quit for good. You should aim to eventually stop vaping too. The healthiest option is not to smoke or vape; and if you don't smoke, don't start vaping.

#### Is second-hand vapour harmful?

Generally, the harmful chemicals in tobacco smoke are either completely absent from e-cigarette vapour or present at much lower levels. Although most e-cigarettes produce 'second-hand' vapour, existing research shows that the levels of toxins contained in this are very low. Long-term health effects of regular exposure to second-hand vapour are unknown, therefore as a precaution, it is advisable to not vape around others, as they may have health conditions such as asthma or other respiratory conditions that could be effected by this.

#### Do vapes / e-cigarettes pose a fire risk?

There have been instances of vapes / e-cigarettes catching fire but these are rare. Whilst cigarettes continue to pose the greatest fire risk it's important to understand how to reduce the risks associated with vapes / e-cigarettes. Find out more here: [www.lincolnshire.gov.uk/home-fire-safety/smoking-vaping](http://www.lincolnshire.gov.uk/home-fire-safety/smoking-vaping)

#### Does e-liquid give you 'popcorn lung' disease?

One common myth is that vaping causes 'popcorn lung'. This myth emerged as some flavourings, often used to provide a buttery flavour, contain a chemical called diacetyl which, when consumed in high doses, can cause lung damage.

This chemical is banned in vapes and e-cigarettes and their liquid in the UK.

#### Should I be concerned that e-cigarettes contain nicotine?

Whilst nicotine is an addictive substance, it is not the exposure to nicotine that causes harm to smokers. Rather, it is the cocktail of other chemicals present in tobacco that poses significant risks to smokers.

E-cigarettes and nicotine replacement therapies such as patches or gum allow smokers to get nicotine without having to inhale tobacco smoke.

Research has shown that vaping poses a fraction of the risk that smoking does.

#### Are vapes safe to use in pregnancy?

Little research exists regarding the safety of using vapes / e-cigarettes during pregnancy. However, if you find vaping helpful to quit and to stay smoke-free, it is much safer for you and your baby than continuing to smoke.

Speak to your midwife for more information and support.



#### If you have never smoked, you should not vape

Nicotine vapes, or e-cigarettes, are not risk-free, as the long-term effects of vaping are still unknown. However, as an aid to help you stop smoking they are considered less harmful.

#### Vaping can help you to stop smoking

Every cigarette you smoke sends poisons around your body, raising life threatening health risks including lung disease, heart disease, cancer and stroke.

When a vape is combined with behavioural support, and Nicotine Replacement Therapy (NRT) such as gum, patches and inhalators, you are more likely to achieve a successful quit.

Vaping liquids come in different strengths, allowing for a reduction of Nicotine over time to reduce cravings and other withdrawal symptoms.

**You'll only get the full benefits of vaping if you stop smoking completely**

#### When purchasing vapes, ensure you:

1. Purchase them from a reputable source.
2. Check serial numbers / bar codes – visit [cms.mhra.gov.uk/ecig-new](http://cms.mhra.gov.uk/ecig-new) and enter codes from the vape packaging to confirm they are approved products.
3. Consider the price - If prices are too good to be true, it may be an indicator of a fake product. To report this to Citizens Advice call 0808 223 1133.

#### Can I vape on NHS sites?

All Lincolnshire NHS sites are smoke free to protect vulnerable patients from second-hand smoke. This includes all buildings and vehicles on NHS property. Vaping is permitted in certain areas. For more information on where you can vape at NHS sites, visit:

[www.ulh.nhs.uk/about/have-your-say/smokefree-ulh/](http://www.ulh.nhs.uk/about/have-your-say/smokefree-ulh/)



Alternatively scan this code:

#### Where can I get support to stop smoking?

Patients admitted to hospital and pregnant patients who smoke are automatically referred to the NHS Tobacco Dependency Service for support to quit.

When discharged from NHS services, patients are offered support from local stop smoking services. To find support in your local area visit:

[www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service/](http://www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service/)



Alternatively scan this code: