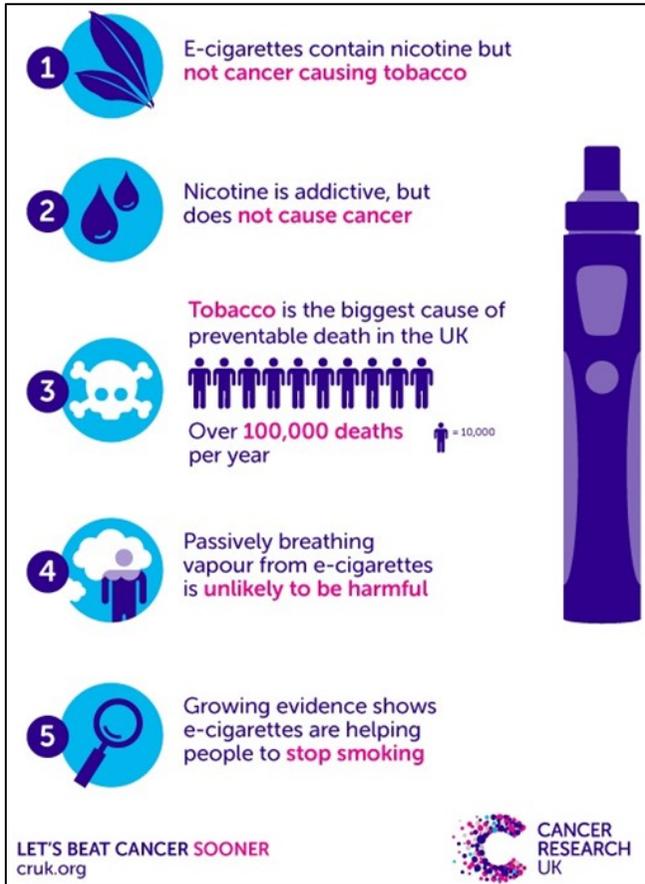


“There are a range of different electronic cigarettes and a range of different e-liquids. You’re probably going to have to try a number of products until you find the one that’s right for you.”

Quote from “An independent introduction to vaping for smokers”, NCSCT Films, available on YouTube.



- 1** E-cigarettes contain nicotine but **not cancer causing tobacco**
- 2** Nicotine is addictive, but does **not cause cancer**
- 3** **Tobacco** is the biggest cause of preventable death in the UK
Over **100,000 deaths** per year (10,000 per 100,000 people)
- 4** Passively breathing vapour from e-cigarettes is **unlikely to be harmful**
- 5** Growing evidence shows e-cigarettes are helping people to **stop smoking**

LET'S BEAT CANCER SOONER cruk.org 

- E-cigarettes can help you manage cravings.
- Make sure you're using it as much as you need to and with the right strength of nicotine in your e-liquid. If you're a heavier smoker, you may need to use a nicotine patch as well.
- Modern “nicotine salts” e-liquids are much faster acting than the original liquids.
- You won't get the full benefit of vaping unless you stop smoking cigarettes completely.
- You can get advice from specialist vape shops, staff or your local stop smoking service.

Dorset HealthCare Mental Health Inpatient Services provide:

- Support from staff to help you abstain or quit smoking
- Free NRT or other medication
- If the other options are not working for you, we can provide up to 3 free disposable e-cigarettes
- If you require more, you can also buy them and they are much cheaper than cigarettes

For lots of practical information from smokers who have switched to vaping, please visit - <https://www.youtube.com/user/NCSCTfilms/videos>

SWITCH



LiveWellDorset
Helping you to live healthier

For support in the community, contact LiveWell Dorset on 0800 840 1628 / 01305 233 105 or visit www.livewelldorset.co.uk

Dorset HealthCare University NHS Foundation Trust

Sentinel House
4-6 Nuffield Road
Poole, Dorset
BH17 0RB

Tel: 01202 277000

Leaflet ref: CS-HW1-20
dorsethealthcare.nhs.uk



Dorset HealthCare University
NHS Foundation Trust

Brief Guide to Vaping



READY

Download Zappar for free from your app store



AIM

Scan the zapcode then aim at the whole image



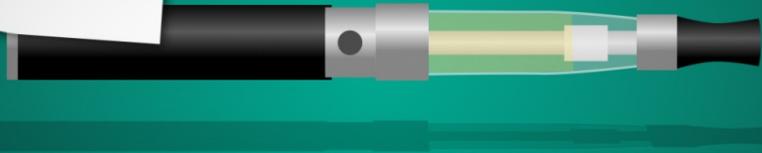
ZAP

Watch it come to life!



SMOKEFREE

At least
95%
less harmful



E-cigarettes are not risk free but
are far less harmful than cigarettes

Why Switch?

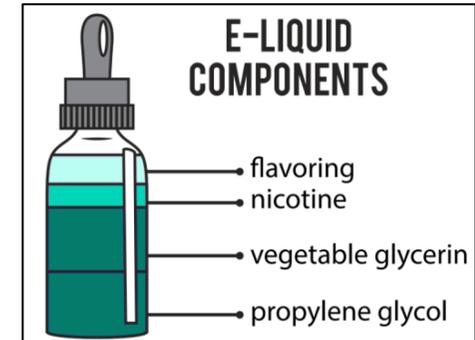
- Smoking is the largest avoidable cause of death and serious disability in the UK
- Unlike cigarettes, there is no burning involved in e-cigarettes so there is:
 - **No carbon monoxide** which robs your body of oxygen causing blood to become sticky which can lead to heart disease and strokes
 - **No tar** – a 20-a-day smoker will inhale about a mug full each year. This contains thousands of toxins and can lead to cancer and lung disease
- It's considerably cheaper – a 20-a-day smoker could save up to £3,000 per year
- You still get the nicotine that you smoke for as well as the habits, routines and behaviours

Short term health benefits of switching

- Carbon monoxide will be eliminated from the body within 24 hours – you can blow into a monitor which will show your reading – ask a member of staff (or LiveWell Dorset in the community)
- Blood pressure will return to normal after 20 minutes
- Circulation will improve – especially in your hands and feet
- After 72 hours your breathing will become easier and you will have more energy
- Your sense of smell and taste will improve
- Exercise will become easier
- In 3-9 months, coughing, shortness of breath and wheezing will all improve

Will I end up using more nicotine with my e-cigarette and overdosing?

If you have more nicotine than you are used to then you might feel a little nauseous or lightheaded, it will pass quickly. Try reducing the level of nicotine in the e-liquid that you buy, or use



the e-cigarette less. You are in no danger of poisoning yourself and there have been no cases of overdose from inhaling e-liquid.

I get a bit of a cough when I use my e-cigarette

Try an e-liquid with a high proportion of vegetable glycol, this can be more soothing. Also, make sure your drags last about 3 seconds.

Is nicotine dangerous?

Nicotine does not cause smoking related disease, such as cancers and heart disease. These are caused by other chemicals found in tobacco smoke. To prevent accidental poisoning of children, e-cigarettes and liquids should be stored away safely.

