

smokefree Oxon

Vaping



Quitting
smoking



Vaping to quit smoking

This leaflet is about using vapes to quit smoking cigarettes. It tells you more about vaping devices, how to use them to quit and the benefits and risks of vaping.

Vaping facts

There is a lot of confusion and misleading information about vaping, this makes it really hard to work out what's really true and what is false.

- Vaping is a way to quit smoking, and here you will find the latest information and advice based on science and research.
- Research shows that vaping with nicotine is much less harmful than smoking, and it's also one of the most effective ways to quit smoking.
- However, it's important to know that vaping is not recommended for people who don't smoke or for young people under 18 because it's not completely harmless.

Vaping facts continued

- Vapes are electronic devices that allow you to breathe in nicotine in a vapour instead of smoke. They work by heating a liquid that usually contains propylene glycol, vegetable glycerine, flavourings, and nicotine.
- Vaping is a cleaner and safer way to get the nicotine "hit" that you usually get from cigarettes. It can help you replace both the addiction and the habit of smoking.
- The right vape for you is the one that helps you quit smoking for good.

Using a vaping device

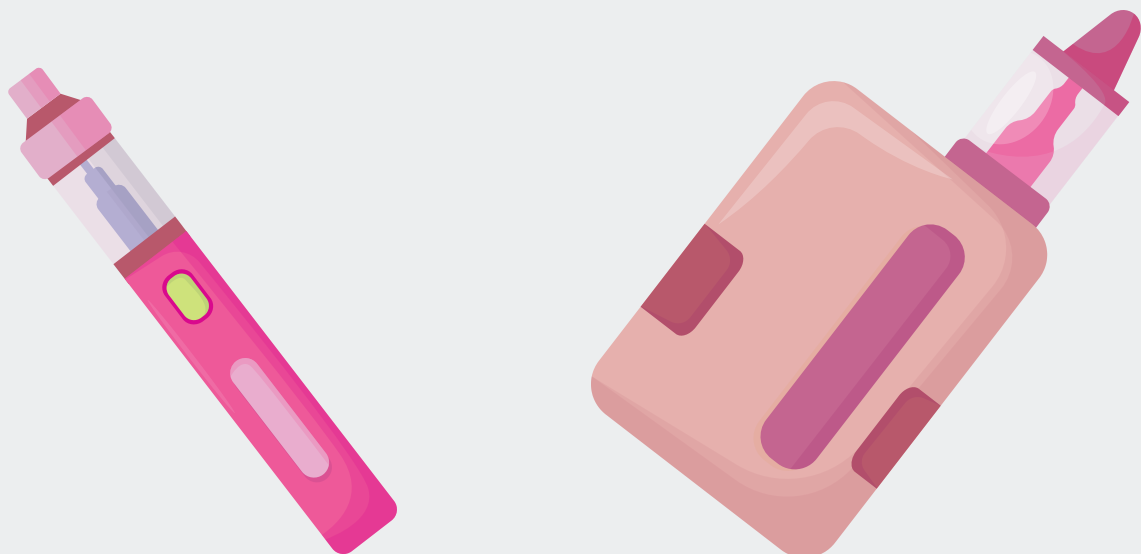
What type of vape should I use?

There are lots of different vapes, flavours and brands to choose from.

Everyone has a different preference.

The vape that makes it easiest to quit smoking will probably contain nicotine. This is because it will help when you are craving a cigarette.

Vaping can also help you quit because the action is similar to smoking and keeps your hands busy.



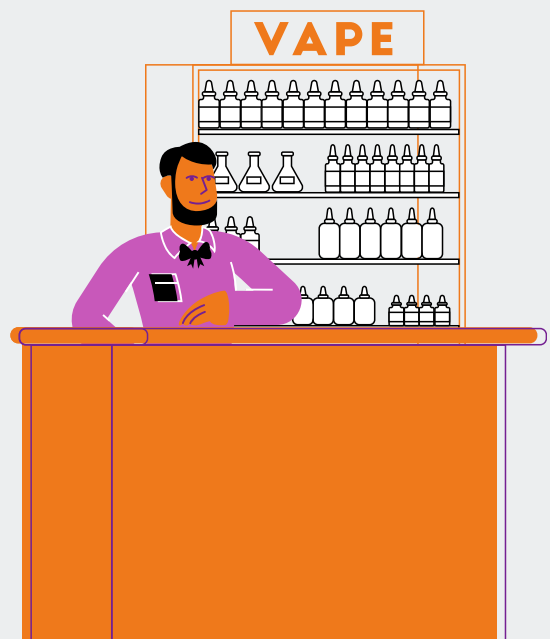
Using a vaping device

How to vape safely?

Make sure you buy your vaping products from a reputable retailer so you feel confident that they are covered by UK safety and quality rules.

Use the right charger and only charge until the battery is 100%.

Keep your vape and e-liquid out of reach of children and pets. Nicotine can be poisonous if swallowed.



Benefits and risks of vaping

Is vaping safer than smoking cigarettes?

Yes, vaping is substantially less harmful than smoking. Healthcare professionals, charities, and tobacco pressure groups widely recognise vapes as an effective tool to quit smoking completely.

Vaping is especially effective when used alongside expert support from a local stop-smoking service.



Benefits and risks of vaping

- In the UK, vapes are tightly regulated to ensure safety and quality. When used correctly, the nicotine in vaping liquids is relatively harmless.
- Experts agree that vaping is significantly less harmful than smoking, but it still carries some risks. Vaping exposes users to fewer toxins compared to smoking and at lower levels.
- By switching to vaping, you can greatly reduce your exposure to toxins that can cause cancer, lung disease, and heart and circulation issues such as heart attacks and strokes.



Quitting Vaping

Become vape free

When you have been vaping for a while and feel confident you won't go back to cigarettes, you can try to quit vaping too.

Many vapers find they start to feel like this after 12 months.

There are a few ways to quit vaping:

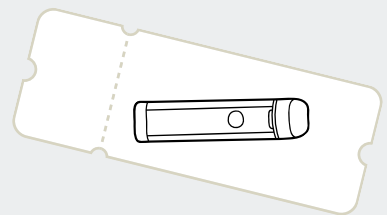
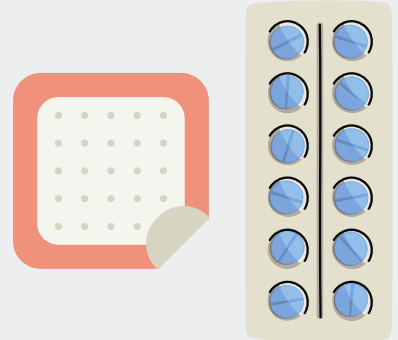
You can reduce how often you are vaping, you can do this slowly over a longer period of time.

Or you can slowly reduce the strength of nicotine in your e-liquid. It's important to take your time with this and only do it when you feel ready.

Quit your way

Smokefree Oxon understands everyone needs different types of support.

- We can give you free nicotine replacement therapy (NRT).
- We can arrange stop smoking medications on prescription.
- We can offer a vaping voucher if you'd like to switch to an e-cigarette.



Our advisers will support you to understand stop smoking medications, and give you tips and ideas to help you with cravings.

You can also use our Quit with Bella app on your phone.

www.quitwithbella.com



smokefree Oxon

Self-refer to Smokefree Oxon:

Call: 0800 772 3673

Visit: www.SmokeFreeOxon.co.uk

Text: QUITOXON to 66777

OR speak with a healthcare professional who can help by referring you to our services.

