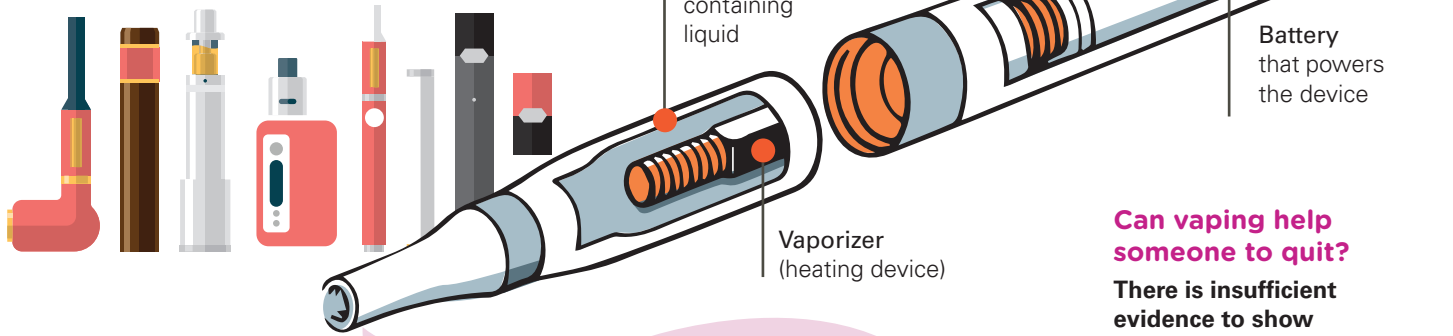




## Key Facts About E-Cigarettes

### What are e-cigarettes?



### What are the risks of vaping?

Evidence is emerging of a possible link between the use of e-cigarettes and severe lung disease and an increased risk of heart attack.



Studies have shown that vapers are exposed to heavy metals such as chromium, nickel and lead in greater quantities than in conventional cigarettes.

We know that e-cigarettes are popular with youth and there is a strong link between vaping and smoking.

Nicotine in e-cigarettes can negatively affect adolescent brain development.

### What are the risks to passive bystanders?

While vapour produced by e-cigarettes is probably less harmful to bystanders than cigarette smoke, it is not completely harm free.

### Can vaping help someone to quit?

**There is insufficient evidence to show e-cigarettes to be an effective method for smoking cessation.**

A trial that showed that e-cigarettes are no better as a quit method than established approaches such as Nicotine Replacement Therapy, Champix and cold turkey for quitting smoking.

### Vaping and tobacco use?



**30%** of all Australian smokers have tried e-cigarettes.

**21%** of Aboriginal and Torres Strait Islander smokers have tried e-cigarettes and those who have were younger, living in non-remote areas and daily smokers.



### NBPU Stance

- NBPU supports Australia's precautionary approach to the use of e-cigarettes. **Use of e-cigarettes should not be encouraged** but can be used as a point of discussion around the available best practice quit methods.
- Smokers or vapers attempting to quit should use evidence-based treatments including cold-turkey, NRT, other prescription medications such as Champix, and quit smoking counselling.