



## **Be smart, don't start vaping and be ngamari free!**

It is scary to see vaping becoming more common in our Wheatbelt communities. E-liquids or vape juices come in all shapes, sizes, colours and flavours BUT don't let that fool you. The packaging and varieties are used to draw you in and mask that most e-liquids contain high amounts of nicotine and toxic chemicals that can be harmful.

E-cigarettes are becoming popular with youth which is of concern as there is a strong link between vaping and smoking. E-cigarettes are unregulated. They might be labelled incorrectly and can contain nicotine, even when they claim not to. Adolescence is a critical period for brain development and exposure to nicotine can have long-term impacts on memory, attention and learning. It is important to get the facts:

- The long-term health effects of vaping are unknown.
- Selling any e-cigarette or accessories to people less than 18 years of age is illegal.
- Possession of nicotine-containing e-liquid without a prescription is illegal.

E-liquids used in e-cigarettes even when labelled 'nicotine free' can still contain nicotine and toxic substances such as, heavy metals and cancer-causing chemicals. The World Health Organisation states any level of exposure to these substances should be avoided. The emerging evidence suggests that using e-cigarettes can:

- damage your lungs making you breathless, wheeze and cough,
- may be associated with an increased risk of heart attack,
- may affect fertility,
- lowers immunity, meaning vapers have a higher risk of catching colds, flu or other infections.

There is a lot of advertising saying that e-cigarettes can help you to quit smoking, but this is not true. The Therapeutic Goods Administration has not approved any e-cigarettes to help people quit the ngamari! To safely quit use approved pharmacological therapies such as nicotine replacement therapy (NRT) or quit medications combined with counselling and behavioural support. The Wheatbelt Tackling Indigenous Smoking Team are able to yarn with you to help you quit safely by calling 9690 2888.

The National Best Practice Unit supports Australia's precautionary approach around 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 with quit smoking counselling.

For more information about the dangers of e-cigarettes and for support to quit contact us or visit:

[https://www.healthywa.wa.gov.au/Articles/A\\_E/Electronic-cigarettes-e-cigarettes](https://www.healthywa.wa.gov.au/Articles/A_E/Electronic-cigarettes-e-cigarettes)  
[E-cigarettes - Tackling Indigenous Smoking \(tacklingsmoking.org.au\)](https://www.healthywa.wa.gov.au/Articles/A_E/Electronic-cigarettes-e-cigarettes)



Government of Western Australia  
WA Country Health Service



Ngamari Free



Wheatbelt Aboriginal Health Service

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For more information follow our My Healthy Wheatbelt Facebook page, check out our website [www.wacountry.health.wa.gov.au/ngamarifree](http://www.wacountry.health.wa.gov.au/ngamarifree) or call the Tackling Indigenous Smoking team on:

- Wheatbelt Aboriginal Health Service Avon and Central: (08) 9690 2888
- Wheatbelt Aboriginal Health Service Western: (08) 9651 0270
- Wheatbelt Aboriginal Health Service Eastern: (08) 9081 3222
- Wheatbelt Aboriginal Health Service Southern: (08) 9881 0385