

Can e-cigarettes help me to quit?

The Therapeutic Goods Administration (TGA) is Australia's regulatory authority for therapeutic goods. TGA approve medications for the Australian government. In regards to e-cigarettes TGA has not approved any e-cigarette product to help people quit smoking.

The most effective smoking cessation is Nicotine Replacement Therapy (NRT), medication or going cold turkey combined with behavioural change and counselling. If you would like to yarn about smoking or are thinking about quitting, there is support available.

No More Ngamari

'No More Smokes' is a free, culturally appropriate quit smoking program, providing support and free nicotine replacement therapy. For more information call Wheatbelt Aboriginal Health Service on (08) 9690 2888.

Wheatbelt Quit Smoking program

Free local support and advice. Call Wheatbelt Public Health Unit on (08) 9690 1720.

Quitline

Quitline is a private and confidential service. Their advisors will listen to your story and offer support and strategies to quit or cut down. Call Quitline on 13 78 48.

Health professional

Yarn with your GP, pharmacist, community health worker or Aboriginal health practitioner.

This resource has been prepared by the Wheatbelt Tackling Indigenous Smoking (TIS) program. TIS is a federally funded program working to reduce smoking among Aboriginal people.

Contact us:



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We understand the Noongar language is traditionally a spoken language and have consulted the Noongar dictionary, Elders and a Noongar language expert to create this brochure. We respect the diversity of the Noongar language in our vast region and acknowledge the many different dialects and alternative spellings of ngamari, nyumree and ngummarree.

The symbols used are from paintings by B.Wilder, K.Stack, B.Dick and G.Taylor. The illustrations are the work of P.Bayly at Workspace Design and Bevin Creative.



Government of Western Australia
WA Country Health Service



Ngamari Free

E-cigarettes and smoking

Be smart, don't start vaping
be ngamari free



Wheatbelt Aboriginal Health Service

WA Country Health Service

E-cigarettes

Be smart, don't start vaping.
Be ngamari free.

E-cigarettes are devices which contain liquid that is delivered by electronically heating a solution that users breathe in, this is referred to as 'vaping'. E-cigarettes are often referred to as e-cigs, vapes, vape pens and Electronic Nicotine Delivery System (ENDS). E-cigarettes are battery operated and come in all shapes and sizes, some devices look like regular cigarettes, USB flashdrives, pens, cigars or pipes.



E-liquids:
The liquid used in e-cigarettes contain nicotine and several toxic chemicals including those that add flavour.

Pods:
These are disposable and come pre-filled with e-liquid or vape juice.

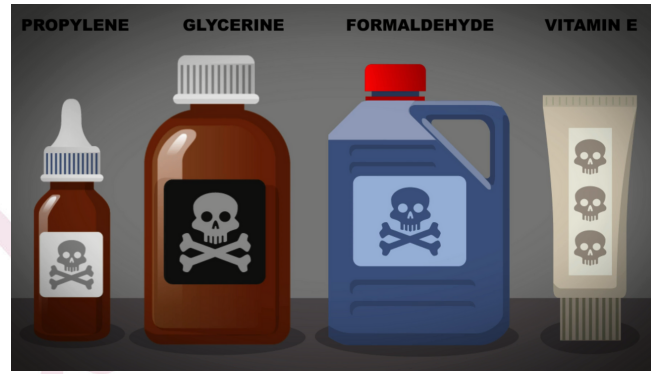
Mods:
A vape mod is an e-cigarette with a refillable tank, coil controller box and battery. Mods come as pens or boxes and don't come with e-liquid (sold separately).

Chemicals in e-cigarettes:

The vapour produced by e-cigarettes contain toxins. Second-hand exposure to e-cigarette vapour can worsen existing chronic conditions such as asthma and Chronic Obstructive Pulmonary Disease (COPD).

The dangerous substances found in e-cigarette liquids and in the aerosol produced by e-cigarettes include:

- Formaldehyde - a colorless, strong smelling and flammable chemical.
- Nicotine - a stimulant drug.
- Acetaldehyde - a chemical used to create cleaning items.
- Acrolein - a chemical used to control plants and fungi.
- Diacetyl - a chemical providing flavor.
- Vitamin E - an oily chemical.
- Heavy metals such as lead, nickel and tin.



Effects on your health:

- Some contain nicotine which is highly addictive.
- Nicotine affects your brain and can damage your brain cells.
- E-cigarettes also contain substances that harm your body. This includes cancer causing chemicals and tiny particles that reach deep into your lungs.
- When inhaled vitamin e can damage your lungs and make it hard to breathe.
- Flavouring can be toxic to your lungs as they are unable to process the chemicals.

