

THE
FACTS

Vaping (e-cigarettes)

 butt out
boondah



E-cigarettes are not risk free.

Many young people are using e-cigarettes, also known as vaping. **E-cigarettes are battery operated devices that heat a liquid (called "e-liquid") to produce a vapour that users inhale.** They are designed to deliver nicotine and other chemicals via an aerosol vapour directly to your lungs.

E-cigarettes have three basic components:

- ▶ A battery
- ▶ An atomiser
- ▶ A fluid cartridge, which usually contains propylene glycol, glycerol, nicotine and added flavourings

Some smokers are using e-cigarettes to help them quit smoking. While others, particularly young people, are taking up vaping because they believe it's safer than smoking. But e-cigarettes are not without risk.

Here's what we know:

- ▶ Some e-cigarettes contain **more nicotine** than conventional cigarettes.
- ▶ Some vaping liquids that are sold as **nicotine free, actually contain nicotine.**
- ▶ Research is showing that young people who vape may be more likely to take up tobacco smoking later.
- ▶ While e-cigarettes do not contain tar like ordinary cigarettes, they do **contain toxic chemicals.** These can include:
 - **Flavourings**, which are okay to eat but can damage the lungs when inhaled.
 - **Heavy metals** including nickel, lead and arsenic.
 - Substances known to cause cancer, including **formaldehyde.**

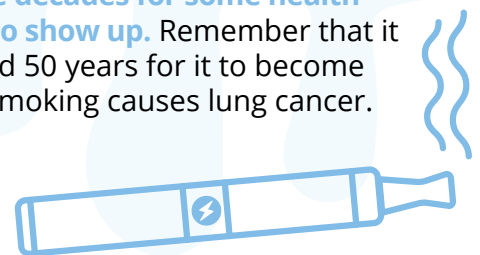
- ▶ There is **limited evidence** that vaping may help some people quit conventional cigarettes.
- ▶ E-cigarette companies are targeting young people through **marketing strategies** such as appealing flavours and gimmicky pod kits.
- ▶ E-cigarettes containing nicotine are **illegal in Australia** unless prescribed by a doctor.
- ▶ **Vaping is illegal under the age of 18** in Australia, even if the e-cigarettes do not contain nicotine.
- ▶ **Second hand vapour** contains the harmful chemicals produced by e-cigarettes, so people should avoid 'passive vaping'.

The emerging evidence suggests that using e-cigarettes:

- ▶ May cause **respiratory health problems.**
- ▶ Increase the risk of **heart attack.**
- ▶ Can cause **severe lung disease.**
- ▶ May **affect fertility.**
- ▶ Have been linked to a number of deaths.

It's still early days:

Vaping has not been around for long and **it may take decades for some health problems to show up.** Remember that it took around 50 years for it to become clear that smoking causes lung cancer.



Keen to butt out your boondah? Contact us to learn more about our support programs:

Email: tis@gph.org.au | **Call:** [02] 6298 2900

Website: <https://bit.ly/ButtOutBoondah> | **Facebook:** <https://www.facebook.com/GPHTIS>