



E-cigarettes – Safe or not?

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Vaping v Smoking (v Breathing!)

- *Make a clear distinction between vaping and smoking*
- *E-cigarette use does not meet the legal or clinical definitions of smoking.*
- *e-cigarettes have the potential to help drive down smoking rates, denormalise smoking and improve public health. So policies need to be clear on the differences between vaping and smoking.*

REASONS WHY VAPING IS NOT AS BAD FOR YOU AS SMOKING TOBACCO



1 The **evidence** so far shows that e-cigarettes are far safer than smoking



2 E-cigarettes contain nicotine but **not cancer causing tobacco**



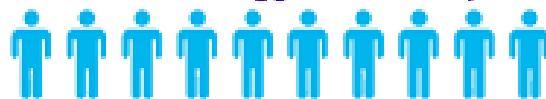
3 Nicotine is addictive, but does **not cause cancer**



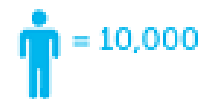
4 There is **no evidence** that e-cigarettes harm bystanders



5 **Tobacco** is the biggest cause of preventable death in the UK



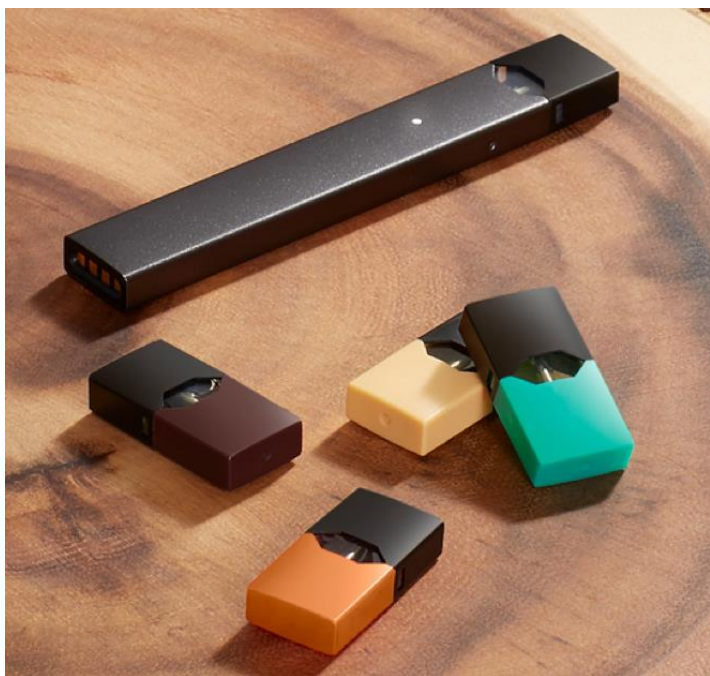
Over **100,000 deaths** per year



LET'S BEAT CANCER **SOONER**
cruk.org



CANCER
RESEARCH
UK



PHE Reports

- 95% safer than smoking tobacco
- Smokers need not wait for further proof to stop smoking and start vaping instead.
- Smokers who vape and smoke, should switch to vaping only

RCP statement

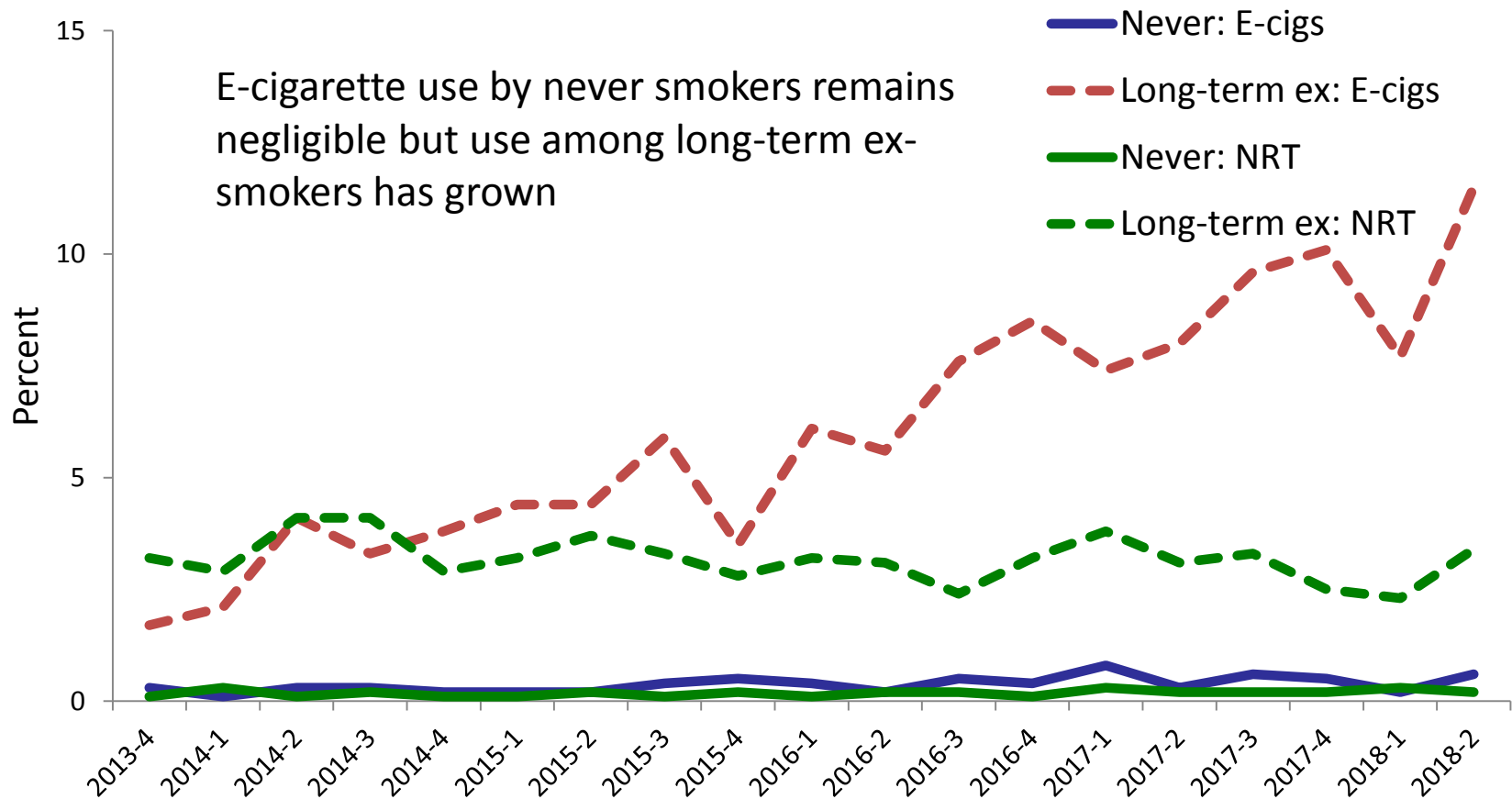
- *"Although it is not possible to precisely quantify the long-term health risks associated with e-cigarettes, the available data suggest that they are unlikely to exceed 5% of those associated with smoked tobacco products, and may well be substantially lower than this figure".*
- <https://www.rcplondon.ac.uk/news/promote-e-cigarettes-widely-substitute-smoking-says-new-rcp-report>

RGCP position

*“Using their clinical judgement on an individual patient basis, **Primary Care Clinicians may wish to promote EC use as a means to stopping.** Patients choosing to use an e-cigarette in a quit attempt should be advised that seeking behavioural support alongside e-cigarette use increases the chances of quit success further. Most Stop Smoking Services are EC friendly and patients can be advised to bring one to their appointment if they would like to quit using their device.”*

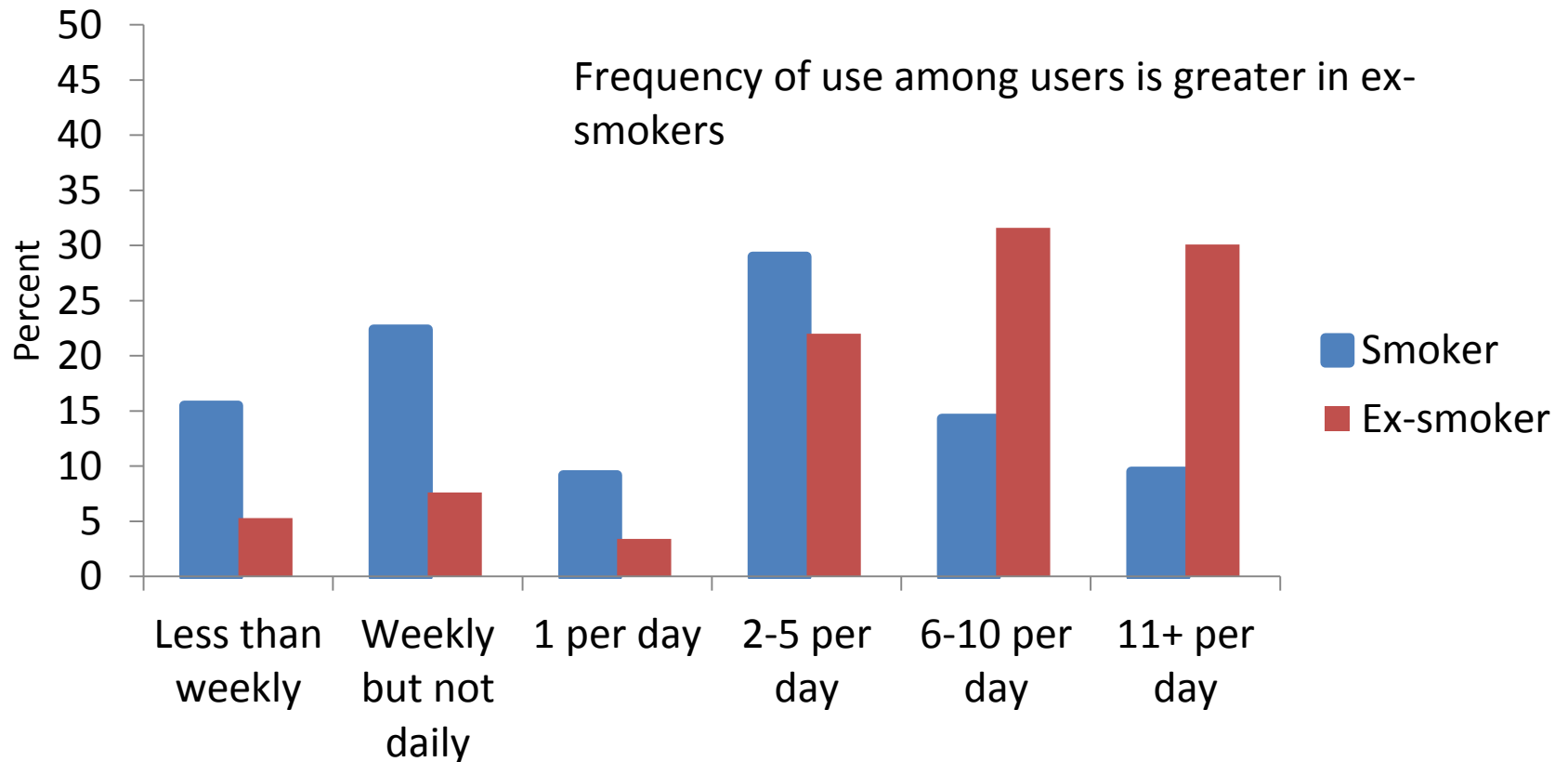
- <http://www.rcgp.org.uk/policy/rcgp-policy-areas/e-cigarettes-non-combustible-inhaled-tobacco-products.aspx>

Nicotine use by never smokers and long-term ex-smokers



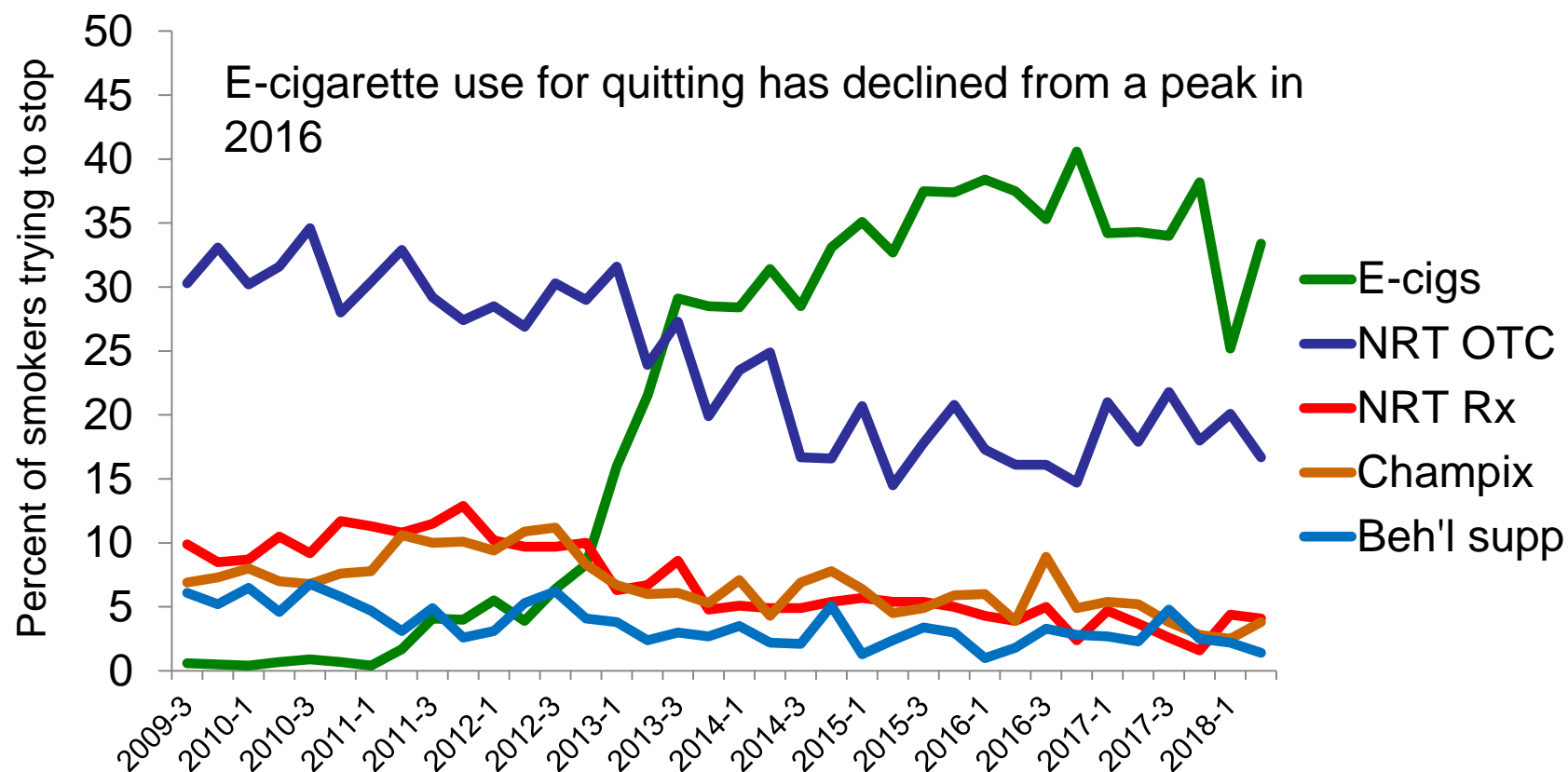
N=75960 never and long-term ex-smokers from Nov 2013

Electronic cigarette use



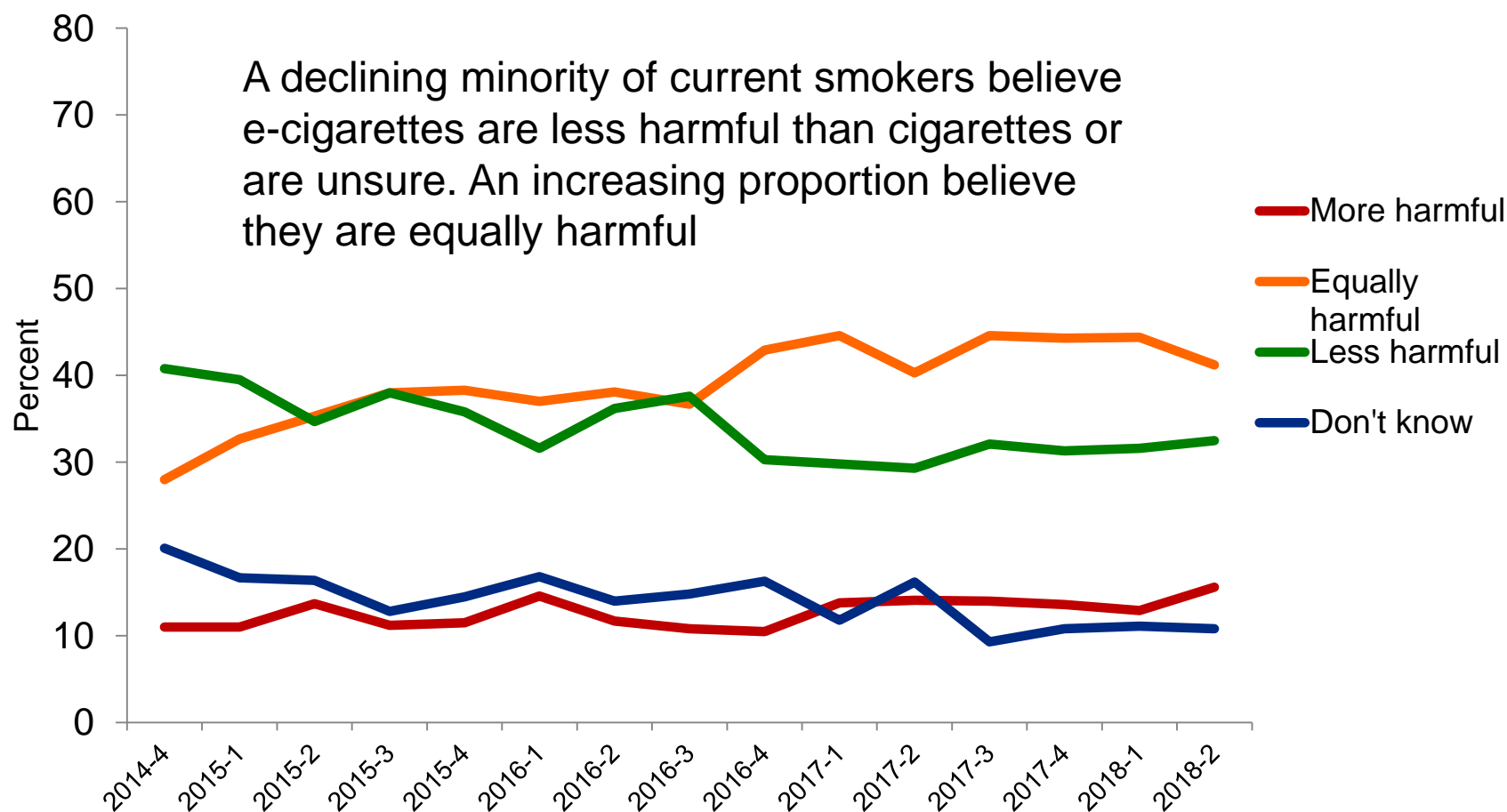
N=3831 e-cigarette users not using NRT

Aids used in most recent quit attempt



N=14050 adults who smoke and tried to stop or who stopped in the past year; method is coded as any (not exclusive) use

Harm perceptions of e-cigarettes compared with cigarettes



N=10900 current smokers who do not currently use e-cigarettes

Prescribing

- No licensed E-cig on market
- Technology moving too fast for licensing process!
- Market and consumer driven, not pharma driven
- Start up cost of vaping kit may be a barrier to some smokers

Let's recap

<https://www.youtube.com/watch?v=SSn5ZZQkzKs>

Let's hear from some people who have made the switch

<https://www.youtube.com/watch?v=FKwlsjfKp1k>

Video produced by the National Centre for Smoking Cessation and Training

Further reading/learning

- [E-cigarettes: A developing public health consensus](#)
- [E-cigarettes and vaping: policy, regulation and guidance](#)
- [Stop smoking options: guidance for conversations with patients](#)
- [E-cigarettes: a guide for healthcare professionals online training course](#)