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| **Staying Switched: Advice for new vapers from old hands** |
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| Dear colleague When people who smoke make the initial switch to vaping, it can be a tricky journey. Many new vapers really want to make it a successful transition, but often find themselves popping a cigarette into their mouth at times of need. Vaping is more technically challenging, and there is a risk that the person may relapse to smoking.  Those of us who haven’t vaped, including stop smoking practitioners, nurses and doctors, despite their experience in other matters, might struggle to give the best advice. Family members too want to say the right thing but might not have the insight that is needed. A new resource, produced collaboratively by the University of East Anglia, the New Nicotine Alliance, Cancer Research UK and the National Centre for Smoking Cessation and Training, neatly fills this gap, and is available now. It offers clear advice to help people stay vaping so that they can stay away from smoking. It's easy to read and illustrated in a way that will appeal to practitioners and workers in healthcare settings, as well as to service users and patients. "I always say keep a patch handy in case the urge to smoke arises, but relying on an e-cigarette, if that's what will stop someone buying a packet of cigarettes, makes so much sense" SM, stop smoking practitioner. "I thought it was tobacco flavour that I would prefer but when I realised I could experiment with other flavours, I found I liked fruit flavours better" NB, new vaper, switched just weeks ago. Developed from research undertaken at the University of East Anglia, this leaflet draws directly on the experiences of vapers themselves. In our research people told us about patterns of vaping and practical hints and tips that helped them stay stopped from smoking for good. We wanted to share those words of advice. "I didn't know that higher strength liquid could be used to manage times of unusual stress" CB, wife of vaper. Leaflets are available free to download [here](http://sut5.co.uk/sLKls83WscPvnrvZ3o-P-KCh-6Wm__P9-_j6-fj4qei36-Hg4LXnvukNQHLd3reUlZKQwdanwtqvz9mqj4eb3p2L1sazxKWerqiehA..)Hard copies for stop smoking services can be ordered from addiction.research@uea.ac.ukMore information on the University of East Anglia's research into vaping can be found [here](http://sut5.co.uk/sLKNpXqXscPvnrvZ346I8aLx8fXy9fLwr6_7qPj49-m3tOOy4eXku7gNQHLd3reUlZLG16TD1a7M2K2bmpnBlZKblIaQhZKZi5mT0oibYS9jYCpwbQ..) Best wishes.Louise RossClinical Consultant, National Centre for Smoking Cessation and Training |