



Vaping can help you quit

Stopping smoking completely and for good is the best thing you can do for your health and wellbeing. It lowers your risk of getting cancer and other diseases, saves you money and stops the harm caused to those around you. Stopping smoking at any age can lengthen and improve your quality of life, even if you have a smoking-related illness. But it can be difficult.

Switching to vaping may help you quit smoking forever. Vaping products are battery-powered devices that heat an e-liquid that contains nicotine, glycerol water and flavourings. They allow you to inhale nicotine in a vapour, without the thousands of chemicals that cause all the harm from smoking.

Vaping products are the most popular stop smoking aid in England with people who use them, along with the help of local stop smoking services, being three times more likely to give up cigarettes successfully. However, these products are often portrayed in a negative way, leading to confusion and a common belief that vaping is as harmful as smoking tobacco. Let's have a look at the facts so that you can make an informed choice.

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Choosing the best way to quit for you

There are other ways to help you quit smoking such as using nicotine patches, inhalators or gum, or taking medicines prescribed by your doctor. Talk to your doctor, pharmacist or local stop smoking service to find out more.

You are up to 3 times more likely to stop smoking with support.



To find your local stop smoking service visit:
nhs.uk/smokefree



Vape to Quit

A Guide To Your Choices



yorkshirecancerresearch.org.uk



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I've heard that...

vaping products are just as dangerous as smoking

Almost all the harm from smoking comes from the thousands of chemicals contained in tobacco smoke. As vaping products do not contain or burn tobacco, these chemicals are either not present or are present at much lower levels. Evidence has clearly shown that vaping is far less harmful than smoking. Switching completely from smoking to vaping is likely to have substantial health benefits over continuing to smoke.



I've heard that...

vaping products aren't regulated and we don't know what's in them

The UK has some of the tightest regulations on vaping products in the world under the Tobacco and Related Products Regulations 2016. Vaping products are subject to maximum standards of quality and safety, as well as packaging and labelling requirements to provide consumers with the information they need to make informed choices.



I've heard that...

vapour can harm the people around me

There are known health risks to breathing in second-hand smoke. In contrast there is no evidence that vapour causes harm to those around you. People with asthma and other respiratory conditions might be sensitive to very large clouds of vapour, in the same way that they can be sensitive to a range of environmental irritants.



I've heard that...

vaping products replace one nicotine addiction for another

Although addictive, nicotine is not the cause of smoking-related diseases such as cancer. Almost all the harm from smoking comes from the thousands of chemicals in tobacco smoke, 69 of which are known to cause cancer. Using vaping products means you can consume nicotine in a cleaner and less harmful way. By gradually reducing the strength of nicotine in your vaping product, you can eventually stop using nicotine altogether.



I've heard that...

vaping products can explode and cause fires

Fires caused by vaping products are rare, about as likely as fires caused by mobile phones. Where they do occur, it is likely the battery has malfunctioned. It's best to always use the charger supplied with the vaping product and avoid charging it for extended periods of time, such as overnight.



I've heard that...

vaping products are just as expensive as cigarettes

The cost of vaping products can vary, with starter kits ranging from between £20 to £60. However, after this initial investment, switching could save you thousands of pounds each year.



Yorkshire Cancer Research has made a short film to answer your questions about vaping, you can watch it here: ycr.org.uk/vaping-demystified