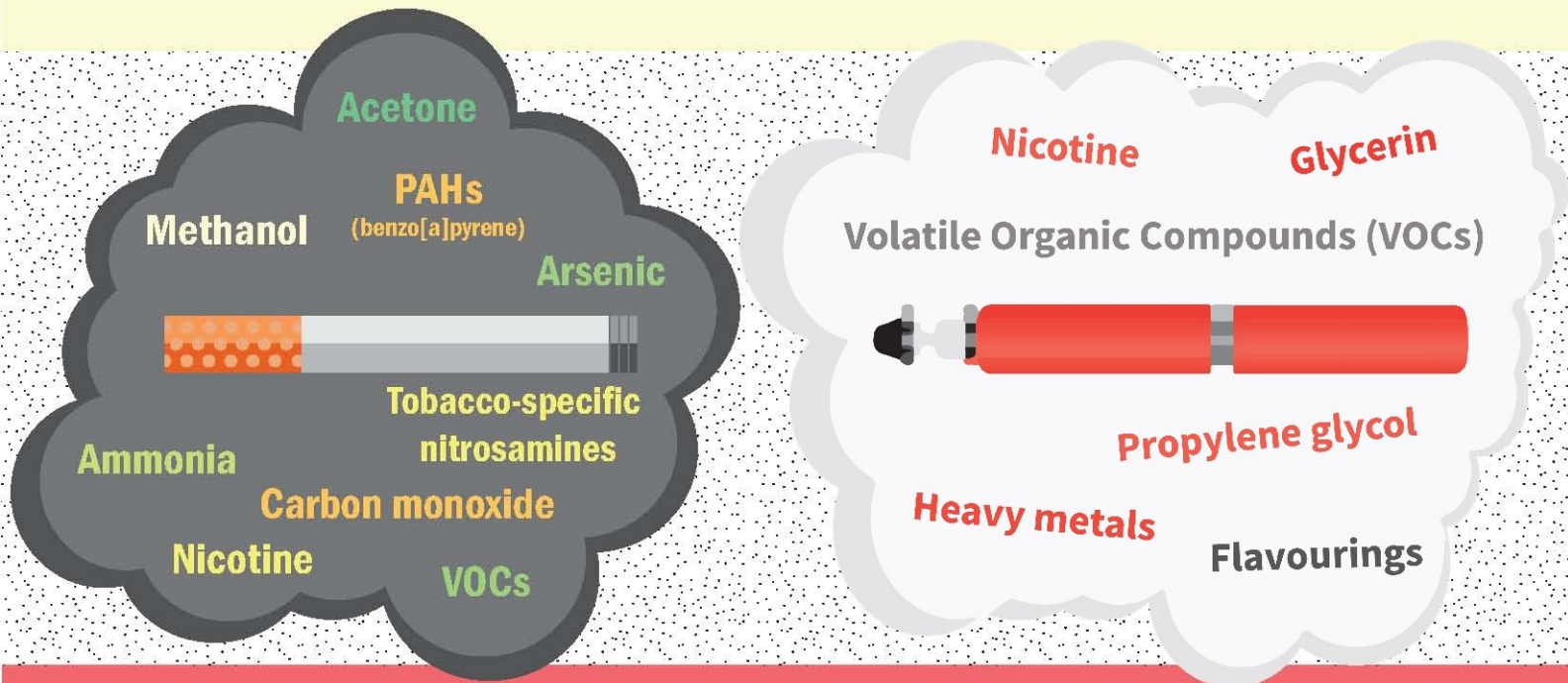


E-cigarettes and vaping

Smoking is the number 1 cause of preventative death in the UK

E-cigarettes are a safer alternative to smoking,
but still carry some of the associated risks



Although we know a lot about the harmful chemicals present in cigarettes,
less is known about e-cigarettes

What we do know, is that e-cigarettes are not created equal-
those made from different materials are likely to contain different chemicals and
levels of nicotine

Vaping at higher temperatures produces more VOCs

Nicotine levels in cigarettes and e-cigarettes

4mg/cigarette

Delivery matters-
more nicotine
absorption
from smoking
cigarettes



20mg/ml

Regulated



Nicotine e-fluid levels have
no official upper limit
in US/Canada -
in Europe it is 20mg/ml

>50mg/ml

Not regulated



Vaping has been shown to be
effective for

quitting smoking tobacco

The risks for pregnant

women are unknown

Public health advice

now states anybody

who does not smoke

should not vape

References

The Lung association - <https://www.lung.ca/lung-health/smoking-and-tobacco/whats-cigarettes/there-are-4000-chemicals-every-cigarette>

PHE report on e-cigarettes - <https://www.gov.uk/government/publications/vaping-in-england-evidence-update-march-2020>

Committee on toxicity - Statement on the potential toxicological risks from electronic nicotine (and non-nicotine) delivery systems (E(N)NDS - e-cigarettes) -