

What else can I do to help me stop smoking?

There are lots of ways to quit smoking and it can take some time to find the one that works for you. Cambridgeshire Stop Smoking Services are available throughout the County and will offer you guidance, advice and ongoing support for free. The service advisors can also assist you to access a range of medication treatments that help with stopping smoking for the cost of a prescription (or free if you don't pay for your prescriptions). Medication treatments do not include electronic cigarettes.

If you decide to use an e-cigarette to help with stopping smoking (instead of the treatments available on the NHS) getting support from a local advisor will increase your chances of success.

Where can I get free support?

Advisors are based within all GP practices across Cambridgeshire, along with many Community Pharmacies and CAMQUIT advisors offer community based clinics and telephone support.

Your advisor will work with you to agree a quit plan that suits you and you'll get 12 weeks of behavioural support and nicotine replacement therapy or medication on an NHS prescription.



Call today on 0800 018 4304 or sign up online at www.camquit.nhs.uk

We are here to help you

Over 40,000 people have successfully quit smoking with the help of the Cambridgeshire Stop Smoking Service.

With our support you're up to four times more likely to quit for good.

CAMQUIT

everyone
HEALTH

Want to know more
about vaping?

SMOKEFREE

What is 'Vaping'?

'Vaping' is a term used when a person uses an electronic cigarette (e-cigs), a device for inhaling vapour that usually contains nicotine.

What is an e-cigarette and how do they work?

E-cigarettes are either disposable or they are rechargeable and contain a battery, a heating element and either a cartridge containing e-liquid or a tank that can be filled with e-liquid. E-liquid typically contains propylene glycol or glycerine, together with nicotine and flavouring. Sucking air through the e-cigarette triggers the heater to create a vapour and inhaling the vapour delivers a hit of nicotine.

Is nicotine dangerous?

Nicotine does not cause smoking related disease, such as cancers and heart disease. These are caused by other chemicals found in tobacco smoke. However Nicotine is addictive and this is why people continue to smoke despite knowing about the harmful effects of tobacco. Nicotine poses little danger to adult users when used in controlled concentrations.

Is vaping safe?

E-cigarettes are not completely risk free, but experts agree that they are much less harmful than smoking. E-cigarettes are still fairly new and we don't know about any impacts from longer term use but the evidence base is growing. Exposure to the vapour does not present the same risks of second hand smoke from tobacco. When e-cigarettes are used within normal operating levels (e.g. not overheated) there are far fewer harmful chemicals present in their vapour than in tobacco smoke.



Safety precautions should include:

- To prevent accidental poisoning of children, e-cigarettes and liquids should be stored away safely (just as you would with household cleaning products and medicines, including NRT products).
- With any rechargeable device it is important to charge with the correct charger and not leave an e-cigarette unattended while charging. Avoid generic charging equipment.
- Do not allow your e-cigarette to overheat.

Will vaping help me to quit smoking?

Evidence indicates that vaping can help smokers cut down or stop smoking completely. People who vape alongside expert support from stop smoking services have some of the highest rates of success in quitting smoking.

Are e-cigarettes available on prescription from stop smoking services?

Currently there are no e-cigarette products licensed as medicines so stop smoking services, GP's or Pharmacies **can't** supply e-cigarettes on prescription, but services can offer the extra support that will help you to stop smoking if you buy your own e-cigarette.

I have decided to vape to help me quit smoking- what support can I get from a stop smoking service?

If you have decided to start vaping to help you quit smoking, Cambridgeshire Stop Smoking Advisors will provide behavioural support and advice throughout your quitting journey.

Can e-cigarettes be used during pregnancy?

Risks associated to the unborn baby from exposure to e-cigarettes are not yet known. Pregnant women are advised to use licensed stop smoking products such as nicotine replacement therapy. Cambridgeshire stop smoking services offer a specialist treatment programme for pregnant women. Please contact the service to find out more.