



E-Cigarettes
(Vapes)
The Facts

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In recent years, e-cigarettes have become a very popular **stop smoking aid** in the UK. Also known as vapes or e-cigs, they're far less harmful than cigarettes and **can help you quit smoking for good.**

What are e-cigarettes?

An e-cigarette is a device for inhaling 'vapour' (an aerosol) that usually contains nicotine. It is also known as a vaping device. There are different types and designs of e-cigarettes: some look similar to tobacco cigarettes, while others have a pen-like shape, or a tank-style shape with a mouthpiece.



What do e-cigarettes contain & how do they work?

Unlike normal cigarettes, e-cigarettes don't contain tobacco. E-cigarettes contain a battery, a heater and e-liquid. The e-liquid usually consists of nicotine dissolved in propylene glycol or glycerine and added flavourings. Heating the e-liquid produces the 'vapour', which delivers nicotine into your body when inhaled.



Will e-cigarettes help me quit smoking?

At the beginning of 2019 a research team, led by Professor Peter Hajek of Queen Mary University of London, published the results of a randomised trial that showed not just that e-cigarettes were helpful in quit attempts, but that they were almost twice as effective as the 'gold standard' combination of nicotine replacement products they were compared with.



Facts at a Glance

Research into the impact of e-cigarettes (vapes) & e-liquid shows:

Vaping is **95% less harmful than smoking**



A typical vaper has **97% less cancer causing chemicals** than a typical smoker



E-cigarettes are **twice as effective as Nicotine Replacement Therapies**



Second-hand vapour does **NOT harm those around you**



Vaping **doubles the chance of you successfully quitting smoking**



Vaping helps **20,000 people quit smoking every year.**



If you use an e-cigarette alongside expert support from your local **FREE Stop for Life Oxon service**, you'll increase your chances of successfully quitting smoking

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Call free on **0800 122 3790**
or Text **STOPOXON to 60777**

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**With the help of Stop for Life Oxon,
you're much more likely to quit for good**

Thousands of people have successfully quit smoking with the help of Stop for Life Oxon smoking service, and we can help you too

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Stop for Life Oxon are a team of trained health coaches who can give you FREE expert advice and support to quit smoking for good.

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