

E-Cigarettes (Vapes)

The Facts



StopForLife
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FREE help to stop smoking

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0800 122 3866



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 Devon service, you'll increase your chances of successfully quitting smoking

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Call free on **0800 122 3866**
[www.**StopForLife**Devon.org](http://www.StopForLifeDevon.org)

With our expert support you're three
times more likely to quit smoking.

We've already helped countless of
people across Devon to break free from
smoking – now it's your turn .



At Stop for Life Devon, our team of trained health
coaches are here to help you quit smoking for
life – with free expert advice and support,
tailored to you. Take the first step towards a
healthier, smoke-free life today!

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