

More than half of all smokers are trying to cut down or quit smoking.

An e-cigarette gives you another option and will hopefully encourage you to make a quit attempt with support from the stop smoking service.

- We won't nag you!
- We will give you sensible advice and support!
- We will help you quit your way

More information about the services we offer can be found on our website
www.sirona-cic.org.uk

Or telephone us on: 01225 831400

customercare@sirona-cic.org.uk

Twitter: [@sironacic](https://twitter.com/sironacic)

Facebook: [/SironaCIC](https://www.facebook.com/SironaCIC)



This leaflet can also be provided in other formats or languages by phoning:
01225 831403

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Sirona care & health

To vape or not to vape!



Thinking of using
electronic cigarette?

Helping you quit your way

Stop Smoking Service

What is an electronic cigarette?

Electronic cigarettes (e-cigarettes), also known as vapes and shisha pens, are designed for users to inhale nicotine without most of the harmful effects of smoking.

There are different types of e-cigarettes; earlier models which look more like a cigarette in appearance are generally considered less effective than later models ('tank', 'mods' or 'personal vaporisers') in delivering nicotine to the user.

What does an e-cigarette contain?

An e-cigarette typically contains nicotine, propylene glycol and/or glycerine, and flavourings.



Will an e-cigarette help me stop smoking?

Yes e-cigarettes can help people quit smoking. It is important to use your e-cigarette regularly enough to manage your cravings – people who use e-cigarettes too little have less success at quitting smoking.

Some smokers find that using an e-cigarette alongside nicotine replacement therapy such as patches reduces cravings. The most effective way to quit is with face-to-face expert support and this is available FREE from the Sirona Healthy Lifestyle Service.

Are e-cigarettes safe to use?

Yes. Experts estimate that e-cigarettes are, based on what we know so far, around 95% safer than cigarettes. Smoking is associated with a number of very serious health risks to both the smoker and to others around them.

Therefore smokers who switch from smoking tobacco to e-cigarettes substantially reduce a major risk to their health.

Always follow instructions, use the correct charging equipment and keep safely away from children and pets.

Is there any risk to others from e-cigarette vapour?

No health risks have been identified so far for people who are exposed to second hand e-cigarette vapour.

Is it safe to smoke and vape at the same time?

Yes. There is no evidence that smoking cigarettes and vaping at the same time increases health risks. However, the greatest health benefits are seen when people stop smoking tobacco completely.

How much do e-cigarettes cost?

You can expect to pay around £20 for a good quality, and easy to use, refillable second generation starter kit.

Can I get an e-cigarette on prescription?

E-cigarettes are not currently available on prescription.

What nicotine strength e-liquid should I go for?

How much nicotine you require will depend upon how much nicotine you are getting from your cigarettes. And of course how much nicotine you get from your e-liquid will depend upon the type of e-cigarette that you use and how you use it. As a rough guide, most 20-a-day smokers find that 18mg/ml (1.8%) is sufficient, so you could start with this and see how you get on.

Who do I contact to find out more?

Sirona Healthy Lifestyle Service is an e-cigarette friendly service and can provide free advice and support to anyone using or thinking about using an e-cigarette.

Tel: 01225 831852

Email: healthylifestyleservice@sirona-cic.org.uk
(Speak to the staff in our Hub who will pass you onto a Specialist Advisor in your area.)