



Electronic Cigarette (E-Cigs)

What you need to know



What are electronic cigarettes?

Electronic cigarettes or E-Cigarettes are electrical devices that look like the real thing, they mimic cigarettes by producing a vapour and many deliver a dose of nicotine.



A typical electronic cigarette consists of three components: a battery, an atomiser and a cartridge containing the nicotine.

The level of nicotine in the cartridge can vary and some also contain flavourings. When you suck on the device, the nicotine is vaporised by a heating element, delivering it to the smoker.

Nicotine is the addictive stimulant that smokers are used to receiving and is part of the reason why they find it hard to quit.

Are electronic cigarettes safe?

Whilst electronic cigarettes may be safer than conventional cigarettes, we don't yet know the long-term effects on the body. There are also other potential drawbacks to using them:

- They are not regulated as medicines so you can't be sure of their ingredients or how much nicotine they contain.
- The amount of nicotine you get from an electronic cigarette can change over time.
- Preliminary research may indicate that using them may damage your lungs as they cause less oxygen to be absorbed by the blood.
- Some local authority trading standards departments have found them to contain toxic chemicals including some of the same cancer causing agents produced from tobacco.

Why can't I get an electronic cigarette on prescription?

Little evidence exists on how they can be used as an aid to quit smoking. The UK's Medicines and Healthcare Regulatory Authority (MHRA) will license and regulate Electronic cigarettes from 2016. Until clear medical evidence exists that they are safe to use, they will not be available on the NHS.

Will electronic cigarette help me quit smoking?

As yet no medical evidence exists to support the benefits, also they do not break the habit or addiction of smoking so you could be using one for a long time as no instructions on how to reduce your usage are given.

How much do they cost?

This depends largely on your level of usage, a starter kit can be between £10 and £20, with replacement refills £5 -£10.



Giving up smoking is probably the biggest single step you can take to improve your health

There are lots of ways to quit smoking but it's about finding the one that works for you!

NHS Stop Smoking Services can offer one to one support and help you choose a treatment that will help you stop smoking.

Having support from the NHS Stop Smoking Service could mean you are 4 times more likely to quit for good!

A flexible and safer alternative to the E-Cigarette...

One product very similar to an electronic cigarette is the inhalator. This will help you with the hand-to-mouth habit of smoking and will deliver controlled, clean nicotine to help as you stop smoking.

-  Replaces the nicotine you would normally receive from a cigarette
-  Enables you to reduce and quit in a way similar to smoking
-  Helps with the hand to mouth habit of smoking

As this is a licensed stop smoking medication it is subject to normal prescription charges. So if you don't pay for your prescriptions the support and treatment from an NHS Stop Smoking Service is free.

REMEMBER - Stopping smoking is not always easy and it can sometimes take a few tries but it is always worth the effort!

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