

What is an e-cigarette?

An e-cigarette is a battery-operated device that heats a liquid to produce a vapour that users inhale. Although the composition of this liquid varies, it typically contains a range of chemicals including solvents and flavouring agents, and may or may not contain nicotine. It is used much like a traditional cigarette.

Are e-cigarettes effective in quitting smoking?

E-cigarettes have not been approved by the Therapeutic Goods Administration (TGA) as a smoking cessation aid or nicotine replacement therapy.

There is insufficient evidence to suggest a reduction in risk when e-cigarettes are used instead of tobacco cigarettes.

The evidence for e-cigarettes as cessation aids to help you quit smoking is inconclusive. However, there are many quitting aids which are approved by the TGA, that are safe to use and are shown to increase long-term quitting rates.

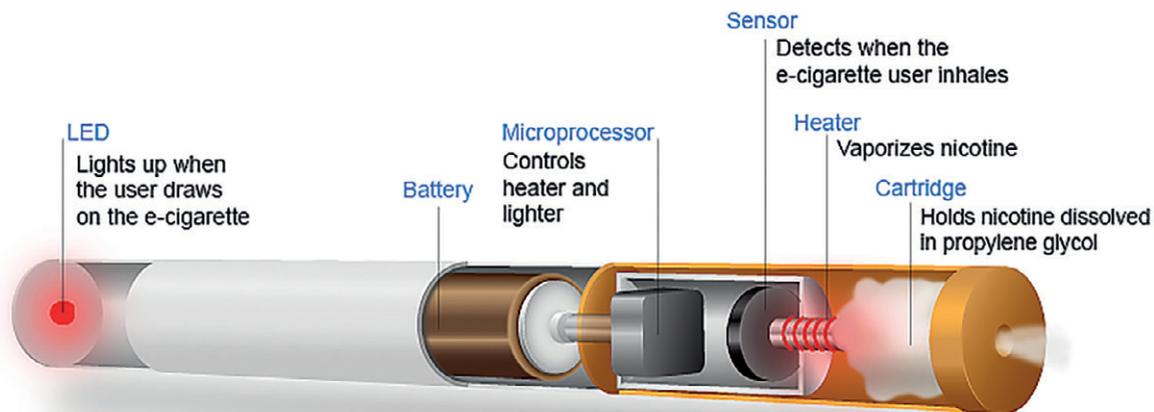


Diagram showing the typical workings of an electronic cigarette.*

Safety concerns

There is concern about e-cigarettes because of the limited evidence on their quality, safety, and efficacy for smoking cessation and the risks they pose to population health.

These risks include:

- They are largely made by independent factories all around the world which may mean the e-liquid and device (including battery) might be of unknown quality, compromising safety of the product.
- E-cigarettes may reinforce nicotine addiction—due to being able to be used when traditional cigarettes might be prohibited, therefore increasing nicotine exposure.
- Dual use of e-cigarettes and smoked tobacco may undermine quit attempts in some users.
- There is growing evidence that e-cigarette use is a precursor to smoking in young people.
- There is growing evidence to suggest that e-cigarette use in non-smokers is associated with future uptake of tobacco cigarette smoking.
- There is growing evidence of direct health harms, including increased risk of lung disease, heart disease and carcinogenesis.

E-cigarettes and the law in South Australia

- In Australia, nicotine is considered a dangerous poison and cannot be legally sold or imported without a licence.
- In Australia, nicotine e-liquid or cartridges are not approved by the Therapeutic Goods Administration (TGA) for use as cessation aids (unlike approved nicotine replacement therapy products such as patches or gum). Therefore, it is illegal to sell or promote as such here.
- If the delivery device resembles a tobacco product, it is illegal to sell in South Australia.
- Possession of e-cigarettes (containing nicotine or otherwise) is not illegal.



Typical electronic cigarette and vaping kit.**

References

*Image from <https://commons.wikimedia.org/wiki/File:E-cigarette-schematic.png>

**Image from https://www.google.com.au/search?q=e+cigarette+kits&source=lnms&tbm=isch&sa=X&ved=0ahUKewi-1eP58cLaAhXJopQKHZ5zAEUQ_AUICygC&biw=1829&bih=938#imgc=z4SjUZgXgkZ3hM:&spf=1524022425809

Want further information?

NHRMC CEO Statement: Electronic cigarettes (2017) available from <https://www.nhmrc.gov.au/guidelines-publications/ds13> last accessed 22/2/2018.

Smokers wishing to quit are advised to consult their general practitioner. First-line treatments include a range of (TGA) approved nicotine replacement therapies and prescription medications that have been tested for safety and efficacy.

Support and information are available through Quitline (13 78 48).



E-cigarettes.



Quitline support can double your chances of quitting.

For information and support:

- call **13 78 48**
- chat online at quitlinesa.org.au
- email quitline@cancersa.org.au
- fax **08 8291 4280**

quitlinesa.org.au



AUG 2018

Information
for smokers

