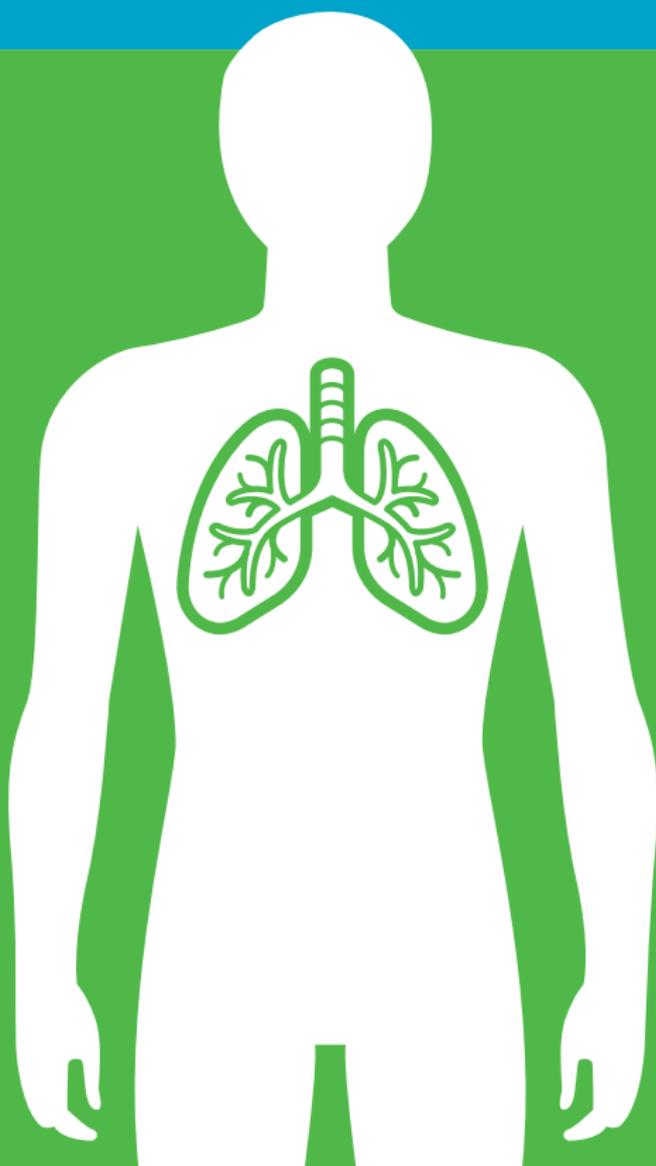


E-cigarettes – reducing harm from tobacco

*Helping you make an
informed choice*




yorkshire cancer
research

Saving Yorkshire Lives

As a smoker, the best thing you can do for your health is to stop smoking completely and for good. Support is available from local **stop smoking services**.

Around 9 in 10 lung cancers are caused by smoking and could be prevented

If you are finding it difficult to stop smoking, switching from smoking cigarettes to vaping with e-cigarettes can have many health benefits and may help you quit for good.

E-cigarettes work by providing nicotine without the tobacco smoke that causes all smoking-related cancers.

Safety of e-cigarettes

Yorkshire Cancer Research supports evidence from Public Health England and the Royal College of Physicians that e-cigarettes are around 95% safer than tobacco cigarettes. However, research is needed to find out more about the long-term effects of vaping.

Why is it important to stop smoking?

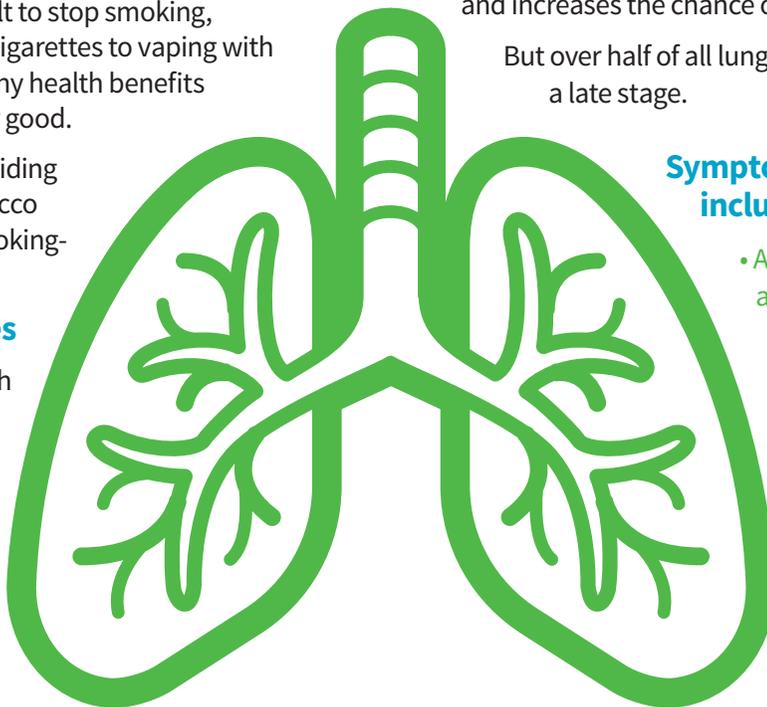
Smoking is the leading cause of early death in Yorkshire and 1 in 2 long-term smokers die because of smoking. Stopping smoking will lower your risk of getting cancer and other diseases.

In Yorkshire, 4 in 5 people do not smoke (81.4%) and each year more and more people are quitting. Smoking rates are currently at their lowest ever.

Lung cancer is the most common cancer in Yorkshire - around 4,500 new cases are diagnosed in our region each year.

Early diagnosis of lung cancer improves outcomes and increases the chance of successful treatment.

But over half of all lung cancers are diagnosed at a late stage.



Symptoms of lung cancer include:

- A cough that does not go away after 2 or 3 weeks, or a cough that gets worse
- Frequent chest infections
- Coughing up blood
- An ache or pain when breathing or coughing
- Feeling short of breath
- Feeling tired or weak
- Loss of appetite or unexplained weight loss

If you notice any of the symptoms listed above, or are worried about any other symptoms, talk to your doctor straight away.

What are e-cigarettes?

E-cigarette users get nicotine by inhaling a vapour (known as 'vaping'). The vapour is made by heating a liquid which contains nicotine and other ingredients such as glycerol, water and flavourings.

Although nicotine is addictive, the nicotine in e-cigarettes poses little danger to adults as it is not combined with the harmful chemicals found in the smoke of burnt tobacco.

Tobacco smoke is known to contain around 4,000 chemicals, 69 of which cause cancer.

Exhaled e-cigarette vapour contains small amounts of nicotine and other chemicals. There is no evidence of harm to bystanders from e-cigarette vapour and the risks are extremely low.

Therefore, by replacing cigarettes with e-cigarettes, you can control your nicotine addiction with a product that is much less harmful to your health.



E-cigarettes are available in different models including 'cigalikes', pen-shaped devices and box-shaped tank devices - you may need to try a few to find out which suits you.

How popular are e-cigarettes?

In England, the number of e-cigarette users has increased from 700,000 people in 2012 to 2.8 million people in 2016.

The proportion of ex-smokers using e-cigarettes is growing:

- In 2013 around 30% of users were ex-smokers and 65% of users were current smokers
- In 2016 around 47% of users were ex-smokers and 51% of users were current smokers

There is little evidence of e-cigarette use among people who have never smoked or that e-cigarettes are used as a gateway into smoking – including in young people.

**There are around 250,000
e-cigarette users in Yorkshire
and this number is growing**

**There are still around 700,000
smokers in Yorkshire**

**It is never too late to stop - the earlier
you stop the fewer health problems
you may have**

Did you know?

You are up to 4 times more likely to stop smoking with support. Find your local stop smoking service at:

www.nhs.uk/oneyou/smoking

Local stop smoking services can give you helpful tips and support to overcome your cravings.

There are other ways to help you quit smoking such as using nicotine patches, inhalators or gum, or taking medicine prescribed by your doctor. Talk to your doctor, pharmacist or local stop smoking service to find out more.

Yorkshire Cancer Research wants to give information about e-cigarettes to help you make an informed choice about the risk of smoking compared to other options. We are encouraging people to stop smoking with the help of local stop smoking services. Getting more people in Yorkshire to stop smoking will help reduce their risk of getting cancer and save lives.

This leaflet has been produced as part of our Wise Up To Cancer programme. Please help us offer this programme across Yorkshire by supporting Yorkshire Cancer Research.

You can make a one off donation or sign up to give monthly by visiting **www.ycr.org.uk/donate**. You can also make a donation today by texting **YORKSHIRE** to **70007** to donate £3.

Thank you.



www.ycr.org.uk/wiseuptocancer

