

Nicotine Vaping and Tobacco Harm Reduction Information for Patients

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Only vape nicotine if other methods have not worked to help you reduce and quit smoking tobacco

Vaping nicotine is much less harmful than smoking tobacco (Health Canada). A burning cigarette releases more toxic chemicals and higher amounts of carcinogens than nicotine vapor

Vaping nicotine is not without risk, and we do not know the long-term effects.

Nicotine Vaping to Quit Tobacco: Tips on How to Succeed with Less Risk

1

Once you get used to vaping nicotine, try to switch completely and stop smoking tobacco

5

Avoid vaping Nicotine salts. These products deliver higher nicotine amounts and can be more addicting

2

Buy your nicotine vaping products & e-liquids from regulated providers. Do not change factory settings

6

Do not vape cannabis oils. These have been shown to cause serious lung disease and death

3

Unless flavors help you switch, choose e-liquids with no added flavor to reduce lung exposure

7

When you are tobacco free, have a plan to reduce and stop vaping nicotine. Involve a healthcare professional to support you

4

Avoid “dabbing” or “dripping” the higher temperature puts more chemicals and contaminants into the lungs

8

Monitor yourself for any new symptoms while vaping, let your doctor know if you have any concerns