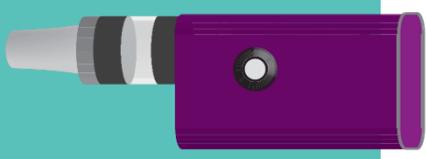
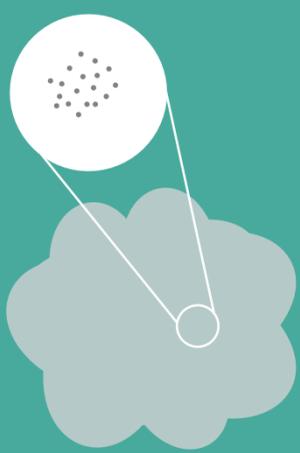


Clearing the Air around e-Cigarettes: Their Harm Reduction Potential

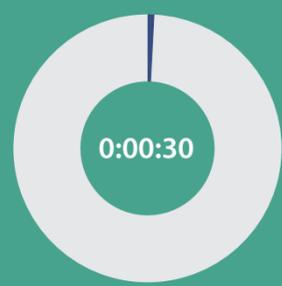
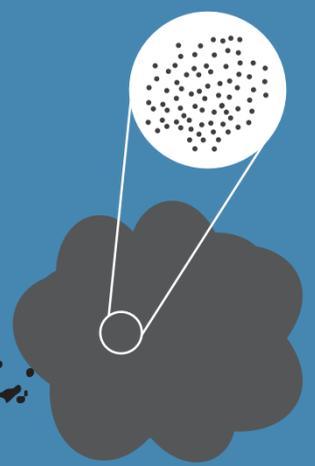
We surveyed the rapidly increasing academic literature on e-cigarettes, identifying 1,622 articles on the topic, of which 170 were relevant to our goal of "clearing the air" around their harms and benefits. Here is what we found . . .



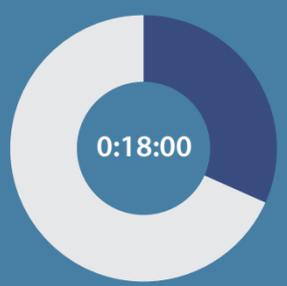
versus



Vapour from e-cigarettes contains only a fraction of the toxins (18 of 79) found in tobacco cigarettes and generally in substantially lower levels. E-cigs also do not deliver tar



In addition, vapour is airborne for only 30 seconds, compared to 18-20 minutes for cigarette smoke, thereby greatly reducing second-hand exposure



Despite having far fewer toxins at generally far lower concentrations than tobacco cigarette smoke, e-cig vapour may sometimes contain potentially concerning levels of metals and particulate matter. There has also been insufficient research as yet regarding some significant carcinogens that may still sometimes be present in vapour

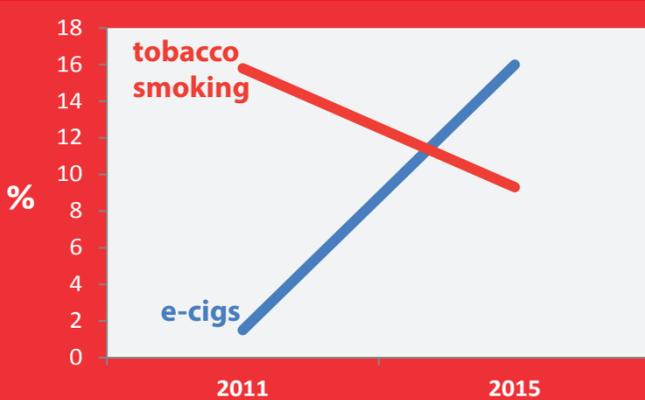
There is no evidence that e-cig use leads to tobacco use



Instead, overall, e-cig "vaping" appears to actually be replacing tobacco smoking



From 2011-2015, vaping rates have increased 15% among US youth while rates of tobacco smoking have decreased 7% (for any use in the past 30 days)



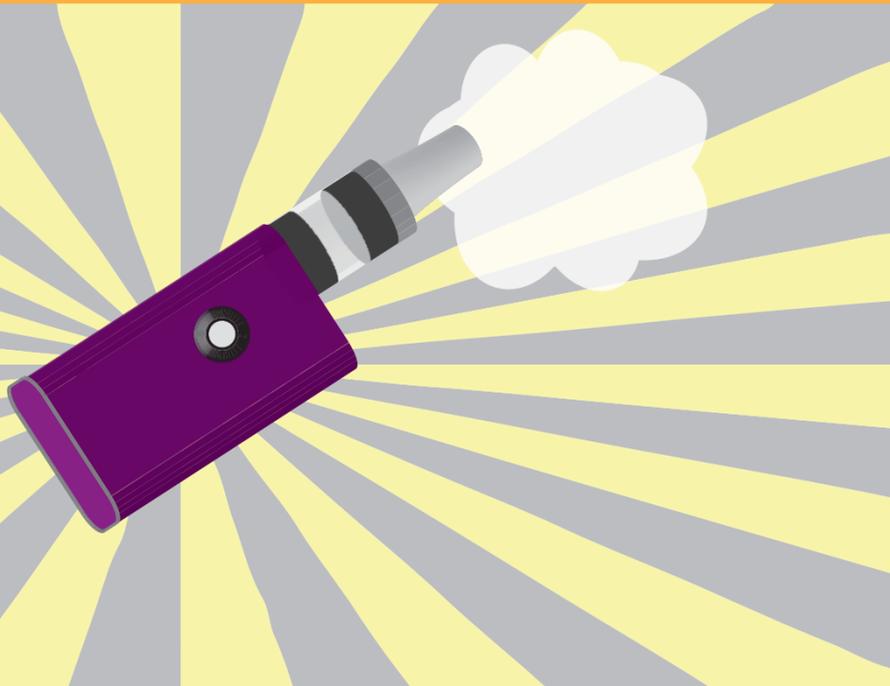
Moreover, where youth vaping bans exist, such bans have actually counteracted the downward trend in youth tobacco smoking rates by as much as 70%



e-cigarettes can be an effective aid to quit smoking

In our systematic review, we found encouraging evidence that vapour devices can be at least as effective as other nicotine replacements as aids to help tobacco smokers quit

An estimated 85% of adult smokers have used a vapour device in a quit attempt



We recommend that regulation of vapour devices be driven by the best available evidence with a view to supporting improved public health outcomes. Policy should not be driven by ungrounded fears of a "gateway effect" but, rather, be geared towards helping tobacco smokers quit and ensuring that only the safest devices are legally available, thereby reducing harm from both direct and second hand exposure