



Vaping and quitting FAQs



Vapes, also known as e-cigarettes, are devices that make vapour for inhalation, simulating cigarette smoking. They are not safe, and use can lead to serious health outcomes.

Vapes can contain high levels of nicotine which makes them highly addictive and can make quitting hard. But it's never too late to quit and there are lots of free support services and tools to help you do it.

Quitting at any age will improve your health and quality of life, and protect the health of people around you.

This document answers a range of common questions about vaping, and how and why you should quit.

Arming yourself with the facts is the first step to giving up vaping for good.

What is a vape?

Vapes, or e-cigarettes, are battery-operated devices that deliver an aerosol by heating a liquid that people breathe in. People commonly refer to this aerosol as 'vapour,' and to using e-cigarettes as 'vaping.'

What's inside a vape?

Despite what the packaging might claim, most vapes in Australia contain nicotine.

Nicotine is a highly addictive and toxic drug that can impact attention, learning and memory, and cause changes in mood.

Often, the labels on vapes are incomplete or incorrect, but vapes can actually contain over 200 different chemicals that can be harmful to your lungs and your health.

The dangerous substances in vapes can also include a number of known cancer-causing agents, such as:

formaldehyde (used in industrial glues and for preserving corpses in hospitals and funeral homes)

acetone (generally found in nail polish remover)

acetaldehyde (used in chemicals, perfumes, and plastics)

acrolein (commonly found in weedkiller)

heavy metals like nickel, tin, and lead.



They can also contain:

propylene glycol – a solvent used in fog/ smoke machines

polyester (plastic) compounds

anti-freeze – used in the coolant of a car

vegetable glycerin – a liquid from vegetable fat.

What are the health impacts of vaping?

Known health impacts associated with vaping include:

irritation of the mouth and airways

persistent coughing

nausea and vomiting

chest pain and palpitations

poisoning and seizures from inhaling too much nicotine or ingestion of e-liquid

burns or injury caused by e-cigarette overheating or exploding

nicotine dependence

respiratory problems and permanent lung damage.

harm to the developing adolescent brain.

Can vaping negatively affect mental health?

Yes. Vaping can make mental health issues like depression and anxiety worse, but quitting can improve your mental health.

If vaping is impacting your mental wellbeing, help is available. You can talk to your GP or a health professional or try one of these organisations.

13YARN www.13yarn.org.au or phone 13 9276

Beyond Blue www.beyondblue.org.au or phone **1300 224 636**

Head to Health www.headtohealth.gov.au or phone **1800 595 212**

Headspace www.headspace.org.au or phone **1800 650 890**

Is my health still impacted if I only vape sometimes?

Yes. Social vaping or doing it occasionally can quickly lead to dependence on nicotine and a desire to vape more often. The only way to reduce harm is to not vape.

Can vaping lead to smoking?

Yes. Research shows a strong association between vaping and future smoking behaviours.

Non-smokers who vape are three times more likely to take up smoking cigarettes.

Smoking is the leading cause of preventable disease and death in Australia. If you smoke, you:

reduce your life expectancy and your quality of life.

increase your risk of many serious conditions and diseases



What about using vapes to quit smoking?

If you are wondering whether e-cigarettes can help you quit smoking, your first step is to speak with your doctor or other health professional – they can provide advice about suitable options to quit smoking.

There are many other products to help you quit smoking that are effective and have lower health risks including patches, gum, oral sprays, inhalers, and lozenges or tablets.

Your doctor or nurse may prescribe vapes as a last line cessation tool. While some people may have successfully quit smoking using an e-cigarette, the overall evidence of the effectiveness of these products being used for this purpose remains limited, and you should have a plan in place to eventually quit vaping entirely.

How can I quit vaping?

You won't be alone if you choose to say no to vaping.

A combination of methods often works best to manage nicotine cravings, and there are a range of resources and services to support people who want to live vape-free:

Talk with your doctor, pharmacist or other health professional about the different options available to you, including medications that can reduce cravings and feelings of withdrawal.

Call Quitline on **13 7848** for confidential advice and support from professionally trained counsellors. You can even request a free callback for a time that works for you.

Visit Quit.org.au for tips and strategies to help you quit and information on how you may feel during the quitting process.

Download [My QuitBuddy](#), a free and newly updated smartphone app designed to help you every step of the way. The app includes evidence-based information about nicotine withdrawal, quit tips, distractions from cravings, and a community forum to share ideas and inspiration.

Aren't quit support services only for smokers?

No. Quit support services are proven to help people quit nicotine – for both vaping and smoking – no matter how long you've been doing it.

What if I tried to quit in the past, but it didn't work?

Quitting can be hard and it might take several attempts to quit. It's a good idea to get support if you decide you want to quit. Talking to a health professional can help you make a plan that works for you. There are many different methods to quitting – you can find out more at Quit.org.au.

It's always worth trying again using a different approach. Many people have quit and you can too. Every quit attempt will bring you one step closer to giving up for good.

For help to give up vaping for good, talk to a health professional, visit Quit.org.au, call Quitline on **13 7848**, or download the [My QuitBuddy](#) app.



For more information visit

health.gov.au/GiveUpForGood

Quitline
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