

We know that although 70% of smokers want to stop, it can be hard. Sometimes it takes a few attempts to quit for good.

The best thing you can do for your health is to quit smoking. You are four times more likely to become smokefree with support from a local stop smoking service and use of medications like nicotine replacement therapy patches or gum.

## The facts about vaping

Did you know that vaping can also help you on your journey to becoming smokefree? In fact, e-cigarettes are currently the most popular quitting aid out there. The latest research from Public Health England shows that switching to vaping is a safer alternative to smoking.

So if you're struggling to quit, thinking about giving it a go or considering switching to e-cigarettes to reap the health benefits, find out more with our five facts about e-cigarettes.

Join the increasing number of people across Sheffield who are quitting with the help of e-cigarettes.

Visit **[smokefreesheffield.org](https://smokefreesheffield.org)** or call Yorkshire Smokefree Sheffield on **0800 612 0011** free from landline **0330 660 1166** free from most mobiles.

## Ready to take action?

Now that you know e-cigarettes could be a alternative route to helping you quit, why not visit the website today? Here you can get in contact with one of our partners to start your journey.

Remember: you're four times more likely to quit with the help of your local stop smoking service.

Not looking to quit? Switching to e-cigarettes could still be a safer alternative to tobacco.

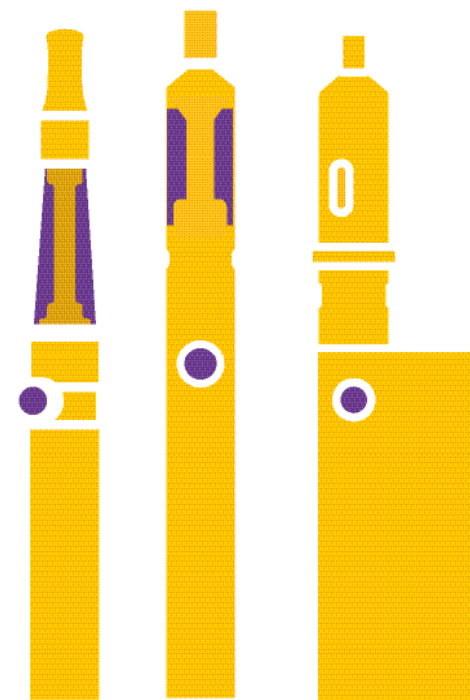
## Pregnant or thinking about starting a family?

The best thing for you and your baby is to quit smoking, and the earlier you quit, the bigger the benefits will be.

If you are pregnant, or thinking about starting a family, contact the specialist stop smoking pregnancy service on **0114 226 5627**. They can find the best ways to help you quit and support you with nicotine replacement therapy, as well as ongoing information and advice on e-cigarettes.

**Visit [smokefreesheffield.org](https://smokefreesheffield.org)**

## Did you know e-cigarettes can help you quit smoking?



## It's significantly less harmful

Public Health England's latest research suggests vaping is actually **significantly less harmful** than smoking.

Smokers who **completely switch to vaping** can dramatically reduce their risks of developing smoking-related illnesses including heart disease, cancer and respiratory diseases.

Most of the dangerous toxins found in tobacco, such as tar and carbon monoxide, are not present in e-cigarettes. It is these toxins that cause most of the harm to your health.

E-cigarettes contain nicotine. Nicotine is the addictive substance that makes people continue smoking, but it does not cause serious harm to your health.

With stats like these, isn't it worth giving quitting or switching a go?

## It's helping thousands of people to quit

A study from University College London found that e-cigarettes helped an additional 50-70,000 smokers in England to quit in a single year.

Here in Sheffield, we're already seeing lots of smokers use e-cigarettes as a way to break their habit for good.

Could you do the same?



## Vaping: The truth

## Safety regulations have increased

The Tobacco Products Directive is a new set of rules for e-cigarettes to ensure a minimum standard for quality and safety.

This means it's harder for poor-quality products to enter the market, giving you more confidence in the e-cigarettes you buy.

E-cigarettes are not recommended for use by non-smokers and children under 18. There are now rules to protect children from starting to use these products including the introduction of childproof packaging and a new law preventing the sale of e-cigarettes to under 18s.

There's never been a better time to quit. Start your journey to a smokefree future today.

**Visit [smokefreesheffield.org](https://smokefreesheffield.org)**

## It could save you £840 a year

The average smoker spends £1,600 a year (based on national average of 11.3 cigarettes per day).

Compare that to the average e-cigarette user who buys e-liquids and equipment from supermarkets. They only spend around £760 – a huge saving of **£840**.

How would you spend that extra money? Maybe a family holiday, or put it towards paying household bills?

## Vaping is unlikely to be harmful to others

When you smoke a traditional cigarette, it harms you and those around you. E-cigarettes give off a vapour that is **unlikely to be harmful to bystanders**.

To date, Public Health England reports that there have been no identified health risks from secondhand e-cigarette vapour.

Remember not to vape in front of children – especially as they copy what adults do. Inhaling chemicals is bad for developing lungs, and could contribute to respiratory conditions. Always keep e-cigarettes and e-liquids out of reach of children.

Even if you're not ready to quit smoking, switching to e-cigarettes completely could protect you and your loved ones from the harms of tobacco.