

VAEP Key Concepts script 9: Vaping to quit nicotine

In controlled clinical trials, those that vaped and continued to smoke, reduced their smoking by 60-80%: from 25 down to 5 cigarettes/day.

FROM THIS **TO THIS**

THIS IS 'DUAL USE'

Pekala, R., Capporretto, P., Maglio, M., Marjula, J. G., & Russo, C. (2014). Success rates with nicotine personal vaporizers: a prospective through daily quality of smokers not intending to quit.

4 stages of quitting nicotine with a vape

1) **Dual use:**
60-80% decrease in cigarettes

2) **Just vaping:**
stopped smoking

3) **Reduce nicotine:**
titrate down to 0mg/ml

4) **Stop vaping:**
nicotine and vaping free

Laugesen, M. (2013). Nicotine and health. New York, NY: American Council on Science and Health.

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Did you know that vaping can be used to stop smoking AND wean off nicotine in just 4 stages?(1)

In the first stage, the smoker dual uses which means they continue to smoke, while they get the hang of vaping. Some “experts” claim that vaping is ineffective for quitting smoking because many dual use for a while.(2) Dual users observed in controlled clinical trials reduce the number of cigarettes they smoke by 60-80%.(3) This significantly reduces the toxins they inhale.

The second stage is when they stop smoking and vape exclusively.(1) At this second stage, they have dropped virtually all the toxins found in smoke and reduced their risk to less than 5% of smoking.(4) That is why vaping is harm reduction.

The third stage is to reduce the strength of nicotine they are vaping.(1) Eliquid that goes into a vape comes in varying concentrations of nicotine. You can't get that with cigarettes! Once the vaper has lowered their nicotine to a very small dose, they can vape eliquid without nicotine. The vaper still has the satisfaction of the behaviour while they get used to no nicotine. It's interesting to note that the government of British Columbia, Canada has made eliquid without nicotine illegal, making this step unavailable to their citizens.(5) Crazy, eh?

The fourth and final stage is to stop vaping nicotine-free eliquid and since there is no nicotine dependence, this can be pretty easy.(1) So, that is how vaping helps smokers get off of nicotine.

“Since 2016, our nonprofit, Vaping Advocacy and Education Project, better known as VAEP, has been reviewing the scientific evidence on vaping and making it easy for people to understand. Visit VAEP.info for vape info.”

<https://VAEP.info>

Kellie Ann is wearing our Sweetheart tee in heather purple <https://shop.vaep.info/?product=vaep-sweetheart-tee>

References

1. [Laugesen, M. \(2013\). Nicotine and health. New York, NY: American Council on Science and Health](#)
2. [Czoli, C.D. \(2017\). Patterns of use and biomarkers of exposure among 'dual' tobacco cigarette and electronic cigarette users in Canada. University of Waterloo.](#)

3. [Polosa, R., Caponnetto, P., Maglia, M., Morjaria, J. B., & Russo, C. \(2014\). Success rates with nicotine personal vaporizers: a prospective 6-month pilot study of smokers not intending to quit. BMC Public Health, 14\(1\), 1159.](#)
4. [British Medical Journal. \(2018\). Public Health England insists e-cigarettes are 95% safer than smoking.](#)
5. [Government of British Columbia. \(2020\). Public Health Act: E-substances Regulation. B.C. Reg 186/2020.](#)

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#HarmReduction