

## Vaping - An inquiry into reducing rates of e-cigarette use in Queensland

**Submission No:** 3  
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### Submitter Comments:

I'm 60 years old and am a private citizen who has benefited so greatly from switching to an E-cigarette that I felt morally obliged to respond to this inquiry. And yes, I do currently have a Prescription thanks to having a very supportive GP. I smoked combustible tobacco for over 40 years. I had many, many unsuccessful attempts to give up cigarettes over the years trying everything known to man. Patches, gum, inhalers, cold turkey, nasal spray & lozenges. Under Medical supervision, I tried Champix, Zyban, Hypnosis, acupuncture and even natural remedies such as Lobelia etc. Also under GP supervision I was signed up with QUIT programs on several occasions. None of them worked and some did more harm than good. It was a no win situation. In about 2007 or 2008 a work mate and I ordered e-cigs from the United States that looked like a cigarette and came with capsules that fit in the filter section, they tasted awful, gave very little vapour and leaked, spat and burned your mouth and lips. I still stuck with that awful thing for over 6 months before the capsules ran out and I just gave up on it and went back to smoking. I went back to smoking until May of 2017 when I read a post on Facebook and saw a whole new style of vape device. I went straight out and set one up and got vaping. Overnight I gave up cigarettes and have never looked back! Literally overnight! Over the last 6 years I have reduced my nicotine level from 12mg to 2mg. Vaping allows you to undertake this reduction over time, cigarettes do not. I have been cigarette free now for 6 years and my health has improved no end. One of the biggest eye openers for me is that my Doctor has commented on how much it has helped me and improved my over all health. My lung capacity has improved, my blood pressure has reduced and my sense of taste and smell has returned. He now recommends vaping to many of his long term smoking patients. I have helped many other people get off the smokes and advocate for vaping at every opportunity due to the many, many success stories that I have personally witnessed. Vape products do not contain tobacco or the hundreds/ thousands of harmful chemicals found in combustible tobacco and should not be seen in any context as equivalent in any aspect to tobacco products! NO combustion means far, far less harm. To ban vape products out of a lack of information and a lack of analysis from professionally instituted studies in this country is negligent to say the least. The only real study presented in this country was not based on scientific data but misinformation compiled by "health academics" reaping Government handouts by way of "grants". In fact only one Australian based document has been produced. A "report" supplied to Government by the ANU. This ANU report shouldn't be considered a study but more a compilation of "cherry picked" misinformation from many (discredited) foreign studies. If our own Government is not prepared to instigate the correct scientific evidential studies then they should at least take into consideration studies that have been done by some of the world's leading Medical Institutes. Studies carried out ethically and in scientifically unbiased fashion. Studies such as the recent Cochrane Report <https://www.cochrane.org/news/latest-cochrane-review-finds-high-certainty-evidence-nicotine-e-cigarettes-are-more-effective> For example the UK are now actually encouraging smokers to switch over to vaping and allowing vape sales in hospital lobbies. They are recommending pregnant women switch to vaping as a safer alternative if they are current combustible tobacco users. Australia needs to review and instigate policies put in place by countries such as the UK, New Zealand & many right across the EU that have resulted in successfully reducing adult combustible tobacco smoking numbers at a rate never seen before. Australia used to be a world leader in Tobacco control not an international laughing stock like we have now become. Why won't our politicians and Health Legislators recognise this for what it is and what it can do to help the general public give up smoking? Why are they not interested in saving lives?? Australia needs to catch up to

the UK, New Zealand and countries across the EU by legalising and regulating smoke-free alternatives to ensure a healthier future for all Australians. Legalising & Regulating nicotine vaping as a consumer product WILL save hundreds of thousands of Australian lives, and it is time for our government to act. We need a legislated, regulated & effectively enforced, LICENSED Australian consumer product Vape industry. We need to encourage them to produce safe nicotine liquid products made in licensed, professional standard clean rooms (as is happening now but without the nicotine) and selling high quality, safe, recognised brand name devices. Legislate for this now and the need for the public to import liquid nicotine all but ceases immediately. Help take high potency liquid nicotine out of unregulated Australian domestic households. Nicotine, by the way, is not the villain here, the thousands of other chemicals in a combustible cigarette are. The tar, the carbon monoxide ect. Nicotine by itself actually has many therapeutic benefits when used correctly. Also of note is the simple fact that adults too enjoy flavours. In vape juice, in the food that they eat, in alcohol and in our guilty pleasures. Flavour is a major contributing factor to the success rate of vaping as a tobacco harm reduction tool. This can't be stressed highly enough. The Government expenditure saved on combustible tobacco related healthcare alone would undoubtedly cancel out the losses from any reduction in tobacco tax revenue as smokers switch to less harmful products. The youth vaping problem that Australia is experiencing now has only become a problem since the failed prescription model was introduced recently. It created the black market which has seen unscrupulous profiteers import massive quantities of cheap Chinese unregulated products & flood the Australian market through Service Stations, Corner Stores & Tobacconists. It is this black market that is responsible for social media marketing and advertising, not the legitimate vape shops legally trading throughout Australia who cater to an 18+ adult market. With better Legislation, Regulation and enforcement combined with tougher, targeted Border controls this black market could be nipped in the bud overnight. Not only would this end the black market catering to Australia's youth but it would protect the legitimate small business professional vaping stores who legitimately provide such a valuable service to their 18+ clientele who are trying to give up combustible tobacco using high quality, safe vaping products. Please do the right thing. Legalise nicotine vaping in Australia as a legitimate consumer product. A prescription model doesn't work now and will not work in the future. Our Doctors and Pharmacists already have enough on their plates without being expected to become overnight experts on the subject of vaping E-cigarettes.

We already have experts in place running legitimate, professional small business vape stores. Most of these stores are owner operated by Ex-smokers who have invested everything they own into helping their fellow adult Australians to find a way out of combustible tobacco use. They will not gamble their futures on supplying under age customers. Of that you can be assured. Most are on the edge of losing their businesses now due to the underage black market that current policies have allowed to bloom. Introduce sensible Legislation, Regulations & Enforcement measures and help more adult combustible tobacco smokers quit for good. IT WILL SAVE MANY, MANY LIVES. Thank you.