

Smoking and vaping

We all know the risks associated with smoking. Smoking increases the risk of developing serious health issues including cancer, lung disease, heart disease and stroke.

But did you know that vaping is also unsafe and can harm your health?

Most vapes contain nicotine, which is highly addictive. Vapes can also contain many other dangerous substances that have been linked to significant health risks. These include:

- persistent coughing, shortness of breath and lung damage
- nicotine poisoning: symptoms can include nausea, vomiting, headaches, dizziness, diarrhoea and seizures
- burns or injury caused by overheating or exploding devices
- harm to brain development
- difficulty concentrating
- changes in mood, anxiety and other effects on mental health.

Research also shows that younger people who vape but have never smoked are more likely to start smoking.

Trying to quit?

Tips to distract you from a craving

- Delay acting on the urge to smoke or vape for at least 5 minutes - it will pass
- Slowly inhale and exhale
- Sip water slowly
- Do some physical activity, even for short bursts
- Talk to a family member, friend or Quitline counsellor
- Use the My QuitBuddy app
- Remind yourself why you are quitting.



Smoking and vaping increase your risk of developing health issues

Help is available

Research shows that a combination of behavioural support and nicotine replacement therapy gives the best chance of successfully quitting.

- Speak to your Doctor/General Practitioner or pharmacist for support and advice on available options, including medications that may help reduce withdrawal symptoms
- Ask us about **CS Health's quit smoking program** (this program can also provide support to quit vaping). Visit www.coalservices.com.au/health/allied-health-services/healthy-lifestyle-programs
- Call **Quitline at 13 QUIT (13 7848)** for confidential, free advice from professional counsellors on how to quit smoking or vaping
- Visit Quit.org.au for information on quitting methods, as well as guidance on what to expect during the quitting process
- Download **My QuitBuddy**, a free smartphone app designed to support you every step of the way of your quit journey.