

Tobacco and vaping: harm minimisation strategies

General safety tips

Mixing risks: be cautious combining tobacco/vapes with alcohol or other drugs, as effects can be intensified.

Manage your usage: track and limit use, and consider tools like apps to help reduce consumption.

Transition to safer alternatives: nicotine replacements like gum, patches, or lozenges can help manage cravings without smoking or vaping.

Specific to cigarette smokers

Choose lower tar and nicotine products: opting for lower tar and nicotine cigarettes may reduce intake, but no level is safe.

Nicotine pouches

Addiction potential: these products are addictive due to their nicotine content.

Health effects: the long-term health effects are not well understood and warrant caution.

Remember:

The effects of any substance can vary based on individual factors, environment, tolerance, and purity. No dose is completely without risk. When possible, start low and go slow, avoid using alone, and take steps to care for yourself and others.

Recent research highlights risks associated with vaping:

Respiratory & cardiovascular risks: vaping has been linked to lung damage (including small airway disease) and heart strain.

Chemical exposure: vape liquids may contain toxins, heavy metals, and harmful flavourings like diacetyl linked to lung disease.

Nicotine misconceptions: vapes can deliver high nicotine levels, increasing addiction risk, especially with appealing flavours.

Long-term effects: long-term health impacts of vaping are still unknown, but early evidence suggests potential health risks.

Contact us for support

If you're struggling with alcohol or other drugs, we're here for you.

We offer a variety of community and residential programs throughout Queensland and New South Wales, helping thousands of people every year to navigate alcohol and drug challenges and move forward in life.

 **1300 727 957**

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