

Submission to Parliamentary Committee on

**Inquiry into the Use and Marketing of Electronic Cigarettes and Personal Vaporisers in
Australia**

Submitted by:

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**Response to 5th Term of Reference: “Any other matter” in the form of personal
experience.**

I am a 37 year old male who started smoking age 12. It was love at first drag, I took to it like a duck to water, inhaling and not coughing straight away.

Over the years, tobacco taxes increased, so I changed to chop chop rollies. I smoked around 70 a day.

I made several quit attempts. My first go of patches, when the PI sheet still said using them in conjunction with gum would lead to poisoning, I smoked more than ever. Gum got me through 2 days for my best gum attempt.

Later down the track, the advice on packs and given by doctors was revised to encourage both using patches and gum together for heavy smokers. I tried this, but it did not work.

Another attempt, I consulted with my psychiatrist. Under strict supervision, I tried champix. My doctor organised quit-line to ring me at 6:30pm every night, and he gave me a more direct number than the 13 line to higher up professionals. Part of the champix process is taking it for one week, with a quit date set after that time. Before my week was up, I suffered a psychotic relapse and had to discontinue the medication.

I also tried the micro-tabs that dissolve under the tongue. These also failed.

I tried cold turkey several times. More than I can count, but always went back to smoking. My best cold turkey attempt was over one year. This was long enough to be "officially" a non-smoker. But stress happened, and I started up again.

I took up vaping in 2013. I dual used for 2 days, and have since then not had a single cigarette. I was aided in this by a global vaping community, who have become like family to me. We hang out on forums and social media, and help new vapers with technical questions. We occasionally remind each other that smoking tobacco pales in comparison in terms of pleasure to vaping.

I rely on quite high nicotine content, As well as WTA [Whole Tobacco Alkaloids] in my liquid. These provide the full synergistic effect of tobacco that no other method I tried ever came close to.

I vape mechanical mods. Simple technology with minimal features.

Both access to vaping, as well as its online community have helped me immensely. Local access to nicotine and WTA could have got me off the tobacco earlier.