

Attn:

Select Committee on Tobacco Harm Reduction.

I am an Ex-smoker, 52 years of age that smoked for 20+ years around 4-5 years ago I saw someone vaping and got introduced to this form of smoking cessation. I have not touched a cigarette since that day. I like many others of my age group, grew up in a world where Smoking was much more the norm than not.

There has been huge success in New Zealand and other countries with the legalisation of vaping. The Public Health England recommends Vaping strongly as a cessation method to smoking, especially for mental health patients.

I had tried many forms of smoking cessation, with vaping being the only one that worked 100%

Within 2 weeks of vaping, my cough and all of the other side effects of smoking simply disappeared. It has truly had a huge impact on my quality of life. I have also introduced it to friends of mine with exactly the same result. I save a fortune in Cigarette costs and am able to put that money back into the community through other purchases.

Nicotine when not delivered in tobacco smoke, is safe and well tolerated in healthy adults. The nicotine in the vape device allows me to live an anxiety free life. I am not hurting anyone and it's my choice. The problem here is Smoking and the side effects not the ingestion of Nicotine. Vaping is just another smoking cessation method that works for 1000's of ex Smokers.

<https://www.gov.uk/government/publications/e-cigarettes-use-by-patients-in-nhs-mental-health-organisations/using-electronic-cigarettes-in-nhs-mental-health-organisations>

The Govt allows other forms of ingestible Nicotine but none of them work, they don't mimic the other habits that are formed by the action of smoking. They are freely available in the Supermarket on shelves. They come in all sorts of flavours and delivery methods. Why is Vaping being singled out.

In regard to youth smoking and vaping, the laws are already in place to stop this from being an issue.

Minister Hunt has a one eyed non medical or fact based view on vaping. The vaping community has constantly tried to engage him with all the facts rather than the hype. Currently there is a petition with over 60,000 Signatures that was raised in just a couple of days.

I and thousands of others really need your help/voice in parliament and in the Prime ministers ear. Greg Hunt is refusing to budge on this and it's just irrational and dangerous. We want regulation and availability from vape shops not for it to be criminalised.

Vaping has worked for so many people I know and around the world, it is a God send not an act that should be criminalised with a \$220,000 fine.

The environment and vaping, one other thing to consider is the impact on the Environment. Vaping also saves millions of cigarette butts and smoke entering our environment.

Please if nothing else, listen to the people who vape or are ex-smokers and the life changing effect this has had on them and their family and friends lives.

Vaping has been around now for over 15 years with 0 deaths, there are many studies out there which prove it is much safer than smoking up to 95% safer. Please base your findings on the facts and not the hype of the uninformed

I would be more than happy to discuss this further with you if you felt it was needed as I have much more to say,

Thank you for your time.

Regards,