

**Inquiry: The Vaporised Nicotine Products Bill 2017**

25/06/2017

Dear Parliament of Australia,

My name is [REDACTED] and I am writing to you today to tell you how vaping have helped improved my quality of life, and how I believe that allowing vaping in Australia could benefit others. I truly believe that I wouldn't have been able to quit smoking traditional tobacco products without the help of electronic cigarettes.

When I was 16 years old, I became addicted to smoking cigarettes. For a couple of years I was content with my addiction, however, like many others out there, my habit began to affect my lifestyle. I began noticing that I was out of breath when I walked up stairs, I couldn't walk long distances anymore without feeling exhausted, and my lungs felt noticeably heavier. Furthermore, I was also was addicted to the point where I found it hard to concentrate at work without taking a smoke break every couple of hours. The worst part socially about my addiction was the inability to maintain friendships with non-smokers as I always had the disgusting smell of cigarette on me.

I tried many different methods of quitting such as nicotine replacement patches and even hypnosis. All of these methods proved ineffective. As time went on, my addiction to smoking gradually worsened, along with my ability to keep an active lifestyle.

Fast forward to Christmas of 2016, I was a [REDACTED] year old with a 6 year habit. A family member gifted me my first vape product together with a few bottles of nicotine ejuice. I was honestly sceptical about the effectiveness of vaping as a cessation method for smoking. I thought to myself at the time, "Stuff it, everything hasn't worked, I may as well give this thing a go". This is a decision I definitely don't regret as I haven't touched cigarettes in almost 6 months.

Being honest, the switch from smoking to vaping was almost instant. I was able to very quickly stop my smoking habit and replace it with vaping. Finally, I had found something which allowed me to feed my nicotine addiction, without inhaling all of the chemicals and tar which traditional combustible cigarettes produced.

Furthermore, I was worried about my dependence on nicotine, so I purchased lower nicotine ejuices over the next few months until I eventually managed to lower my nicotine intake from 9mg/ml juices, down to 3mg/ml juices. I haven't managed to completely quit my nicotine dependence so far, however I am working my way down over time with the end result of being able to live a nicotine-free lifestyle.

So how has the switch from smoking to vaping helped me personally? Well unlike when I was smoking up to 20 cigarettes a day, I am now able to go for long runs without stopping. I'm able to go for long periods without wanting to vape (sometimes even days), and lastly, I feel generally a lot healthier. Vaping has made a noticeable and drastic improvement to my lifestyle.

I would like to see nicotine ejuices available on the market as I have needed to purchase my juices from U.S. and New Zealand distributors. From a consumer point of view, I would love to support local business by purchasing one of the many locally made ejuices, however I'm unable to do so at the moment since I am still dependant on nicotine (this is something which is outlawed in the state of Western Australia).

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Vaping has also offered me a new hobby. There are different types of electronic cigarettes out on the market currently. For me, I enjoy using an electronic cigarette type which is called a “rebuildable dripper atomizer”. This requires that the user either purchases or creates their own coils in order to turn the ejuice into a vapour. I’ve so far spent a good many hours building my own coils, and had tonnes of fun trying out, and experimenting with different coil designs. This hobby offers me a release from the stresses of my job and allows me to explore my creative side just a little.

Overall, I believe that the use of electronic cigarettes has not only improved my life, it may have possibly saved it. Vaping has allowed me to quit cigarettes, and is now allowing for me to eventually ween myself from my nicotine dependence. I believe that electronic cigarettes should have some regulations put into place to ensure that there are safety standards with electronic cigarette products (although I believe that almost all safety standards have already been worked out by the producers of products in the industry since ejuice bottles are all childproof, and almost all regulated mods are relatively safe in the hands of somebody with little-to-no knowledge of electronics). The creation of coils for me has allowed me to find a new hobby which is doesn’t place me in any danger, and gave me another stress reliever.