

Select Committee on Tobacco Harm Reduction,

PO Box 6100,

Parliament House,

Canberra ACT 2600

To whom it may concern,

I am Grant Clark, age 52 , , South Australia.

I have been a smoker for 30 Years ,Starting at age 14 when it was cool to smoke, I have been a pack a day smoker, possibly more for the majority of this time also regularly switching to rollies.

When I was a smoker everything was ok for many years apart from the smell of tobacco smoke, the inconvenience of smoking and the ever increasing cost, then came the risk the second hand smoke had on my children causing repeated attempts at quitting ,then came the shortness of breath ,the constant smokers cough the stained teeth the yellow fingers the feeling of being a social outcast and frowned upon, I honestly do not miss smoking One little bit.

I have attempted to quit in the following ways: Cold turkey over and over and over again sometimes lasting days, weeks or even months, I have tried patches, gums, lozenges, chewing tobacco over and over again even tried smoking tea leaves, then there was a little pill starting with Champ prescribed by my Doctor leaving me depressed and suicidal, fail after fail either due to situations or stress the nicotine was the only cure.

In comparison Vaping has changed my life, most notably no further shortness of

breath no smokers cough no stinky smells or yellow fingers no stress or anxiety about future attempts quitting smokes no worrying about the price and sacrifices being made to afford cigarettes.

Since taking up vaping I have Saved a lot of money now used for more productive means, my health has increased no end and i am proud to be a Vaper so much so that i have converted many others none more rewarding than my old Dad who i'm sure smoked since birth, with his ever diminishing health it has been amazing to see the transformation, many others are very thankful for the guidance and advice.

Also, my children who are adults now always asked me to quit and are proud of my achievement, they say Dad we always knew when you were coming cause you always coughed every time you got up from the lounge, they have never been smokers and are not offended by vaping at all, they often comment that the flavors i vape smell nice.

My recommendation regarding tobacco harm reduction is that vaping products including Nicotine should be a consumer product, sold from reputable vape stores with relevant age restrictions, product regulations and safety standards, i believe we are missing the potential for a thriving home grown industry in these high unemployment times.

As an ex-smoker I have found access to e-cigarette/nicotine vaping products under Australia's current regulatory framework is extremely difficult and under the proposed framework unworkable for the following reasons: Difficulty for beginners or the elderly, spending all our dollars overseas, my doctor not wanting to get involved, being treated like a criminal for making a healthier choice for my self. I have so much more i would like to add tho i will add this:

## VAPING SAVES LIVES

Thank you for taking the time to read my letter.

Sincerely.

Grant Clark