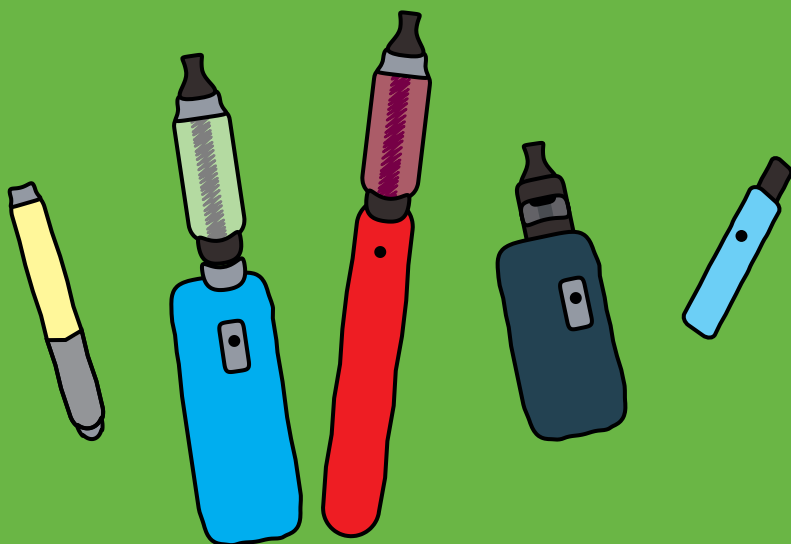


Total Wellbeing

Luton

Stop Smoking

Top Tips on E-Cigs



Choosing the right device

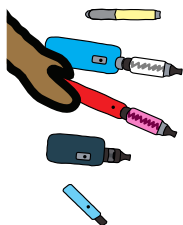
One of the main reasons people fail to quit is they have negative experiences of the device they try. Not all devices are equally satisfying. A 'cigalike' (one which looks like a cigarette) may only be half as effective as a new generation E-Cig. There are a host of devices including 'mods' which can be the most expensive but also e-cigs which are bigger than 'cigalikes' with a power button for nicotine release and a bigger tank. It is best to understand the pros and cons of different devices before you make a final decision

Balancing satisfaction with ease of use

Not everyone wants a big e-cigarette, especially if you're new to vaping, it is important to get the right balance between the benefits and the cost.



Full commitment



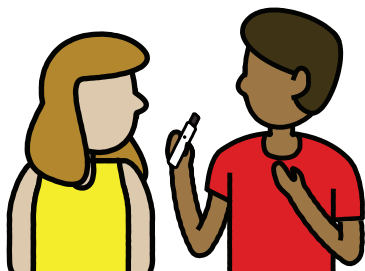
When you decide that vaping is for you and you are motivated to make the switch, commit to the idea fully as vaping isn't a magic bullet. To keep your motivation going you could also try changing certain habits as this will allow you to make the switch to vaping easier.

Explore the flavours

When people start vaping, they often stick to conventional flavours (tobacco, menthol etc). When you vape for a period of time, your taste buds change. Other flavours might become more appealing and the desire for the taste of tobacco fades. It adds something that tobacco cannot offer and many smokers find cigarettes just don't taste the same.



Talk to other vapers



Getting support from people who have done this before is a great help when making a switch. Any behaviour change which involves changing normal routines can be hard when the rewards are seen as hard won. Encouragement from others can make the difference between success and failure.

Dual use and cutting down

Going down in nicotine levels from 20mg to 0mg is a big step. You might find that you alternate between smoking and vaping as you build motivation to quit smoking completely. Some vapers won't stop completely the first time, but cutting down is still a good thing in itself. You can also vape while using NRT (nicotine replacement therapy) as this can increase your chances of quitting cigarettes completely.



Right nicotine strengths

Nicotine is so important for vaping success. Too little nicotine won't satisfy you and too much can feel harsh on the throat and may give headaches. It is common for many new vapers to get several strengths of liquid to determine which is best for them. There is no set formula for this so expect some trial and error.

Harm reduction benefits

Vaping is at least 95 per cent safer than smoking conventional tobacco and this can be very beneficial to many people looking to make the switch. Often the risks are overstated and the benefits are downplayed. Public Health England states that if there is a choice between smoking and vaping, you're better off vaping.



Experimentation is key to switching

Vaping isn't for everyone and may take several attempts, so before you give up experiment with other options. Explore different devices, strengths, flavours and types of liquids. What works for you may not for others so keep on trying until you find what works best for you.



Be a vaper not a smoker

Although vaping is similar to smoking, vaping requires a different technique, with longer, slower puffs than smoking, to get the most out of it. It forces a change of habit for a smoker, therefore changing puff styles can increase satisfaction.



If in doubt contact us!

Stop Smoking Clinic Locations

Inspire: Luton Sports Village

Butterfield Green Road, Luton, LU2 8DD

Lea Manor Recreation Centre

Northwell Drive, Luton, LU3 3TL

Lewsey Sports Park

Pastures Way, Luton, LU4 0PF

Hightown Community Sports & Arts Centre

Concorde Street, Luton, LU2 0JD

Book now at your local stop smoking clinic.

Tel

0300 555 4152

Text

'TWL' to 60066

Email

info@totalwellbeingluton.org

Web

www.totalwellbeingluton.org

Supporting your physical and emotional health