

Short answers to big questions

Should I try an electronic cigarette?

It depends, do you smoke tobacco cigarettes?

No

Then best not to use e-cigarettes. There are health risks involved and many contain nicotine which is addictive.

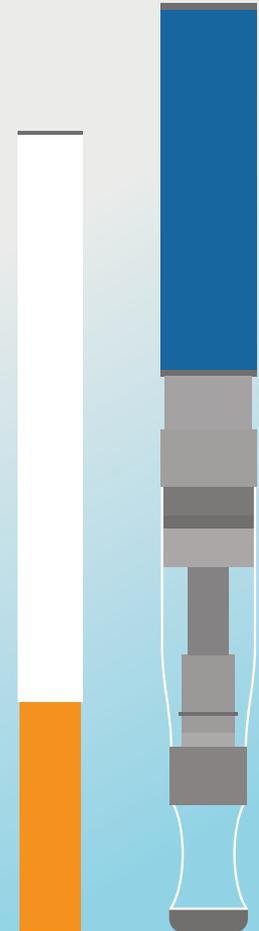
Yes

Then e-cigarettes might help you to stop smoking which would greatly benefit your health and finances. You could also try nicotine patches or sprays or just going cold turkey. Whatever works for you, just give it a go.

Although using an electronic cigarette brings some risk of harm we know for sure that smoking tobacco is really harmful. If using an e-cig helps you to stop smoking tobacco completely you'll be much better off. To really get the benefits you should stop smoking any tobacco, not just cut down. Many stop smoking services will now support you if you are trying to quit smoking using an e-cigarette, increasing your chances of success.

Find out more at www.nhsinform.scot/smokeline

For more information on e-cigarettes visit www.ashscotland.org.uk/ecigs



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