E-cigarettes & Vaping, Are they Safe for Smoking Cessation

Are E-cigarettes and Vaping Safer Than Smoking?

In spite of a flurry of regulatory noise and a frenzy of safety focused advertising there is no conclusive evidence that e-cigarette and vaping are effective, safe or a health hazard. There simply is not enough evidence to know one way or the other until more research is done. It is tragic that massive lobbies and arguments are mounting on this topic and regulatory decisions are being made with little evidence. If the public shows interest, ThinkWell may facilitate a public led randomized controlled trial or PLOT so the public can learn risk for themselves and then they can decide if vaping and e-cigarettes work to help smokers quit.
Should We leave Power to Decide E-cigarettes and Vaping Practice to Regulators and Family Doctors Without Research?

Sense About Science is asking the questions

“What’s the evidence for banning electronic cigarettes? We asked the BMA why they want them banned in public. Update 18/12/2013: Last night the European Union reached a decision on its policy on electronic cigarettes. While they didn’t fully adopt the European Commission’s proposal to compulsorily regulate e-cigs as medicines, the decision will mean the most commonly-used (and least ‘cigarette-like’) refillable e-cigs are effectively banned, and the availability of e-cigs that are approved will be greatly reduced. This move towards heavy regulation appears to be driven by the fear that e-cigs might be harmful or act as a gateway to conventional tobacco – despite little or no evidence for either claim, as set out below.- See more at: http://www.senseaboutscience.org”

Paying scant attention to evidence seems to be how we ended up with cigarettes. They were advertised as a fountain of youth, slimming aid and a fix for anxiety. Big tobacco is buying the e-cigarette industry up and the simple additives they started with have multiplied so that smoking cessation is a vicious cycle. Many have died in the addiction’s grip including doctors and regulators The FDA seems poised to pounce on the industry and Health Canada bans the sale of e-cigarettes containing nicotine or to make any health claims about e-cigarettes by suggesting they can help smokers quit. The info-graphic above gives some idea of vaping use and regulation in the USA.
How do E-Cigarettes and Vaping Work

This 3 minute video below is created by a vaper shows the mechanics of vaping. Many think it is safer than smoking because it is the smoke that is the problem but there are many who are now vaping and smoking. Once concern I have is what is to prevent industry from putting in extra additives such as they have done with real cigarettes. Some are also concerned because when the vapor goes straight to the lungs it could be more addictive or that vaping will become a gateway for other substances or will provide a way to enjoy unregulated psychoactive drugs. Others are just glad that they can sit beside am e=smoking friend without wheezing. .ThinkWell does not endorse or condemn vaping we simply do not know what the long-term effects of this are. We think real interventions require real research and good methodologically sound clinical trials are needed,

Regulation without Research and Public participation Can Erode Trust

The public is hearing stories of vaping and e-cigarette harm with the we are the experts and we will decide for you message contrasted with the controversial Dr David Nutt message also without evidence but with the dramatic reminder that smoking kills billions to tug at our heart-strings. Who has not lost friends or family to early deaths from smoking.

E-Cigarette History

The earliest electronic cigarette was invented by Herbert A. Gilbert, who patented his smokeless cigarette device in 1963 and although many companies approached him to commercialize his invention in 1967 it disappeared from the public record
without commercial manufacture. In 2003 Hon Lik re-purposed the device by making it portable through the use of small portable canisters containing propylene glycol. Later in 2006 the heating coil and liquid chamber were integrated and a UK patent was published for the same in 201. Big tobacco including British American Tobacco and Imperial Tobacco have skin in the game including the acquisition of Hon Lik’s intellectual property rights for $US 75 million.

Do You think without Facts we Can be in Control of our Decisions

Industry uses human factors to sell us what we wouldn’t choose. If anyone doubts this think about women wearing nylons, high heels and men in ties who must shave daily. Let us reason together are we really free and informed? The video below shows us how just thinking, seeing and feeling is not enough to make an informed choice. We need good research.

A Special Acknowledgement goes to Josie Sandercock at Meta Surv who shared videos, research papers and expert guidance with ThinkWell.

We want to discuss research possibilities by commenting below or by sharing your insights on our Facebook page. Below are some papers we have found for those who want to dig deeper. We look forward to hearing from you

Research for More information


13 Freiberg MJ a. Federal approaches to the regulation of


19 Commissioner H, Borg T, Cigarettes E. HOME ABOUT LINKS WHAT ’ S NEW ? SEARCH L a t e s t C o m m e n t s Scientific Errors in the Tobacco Products Directive A letter sent … 2014;:1–8.

