



Smokefree “Health Harms”

Impact of smoking vs vaping demonstration

Dr Rosemary Leonard

Most of us know that smoking is bad for our health. In fact, it's the biggest preventable cause of death in the country. Over 3 million people currently use e-cigarettes however there are still lots of misconceptions around their relative safety.

I'm here with one of the country's leading stop smoking experts who's going to carry out an experiment to show the impact of smoking conventional cigarettes compared to e-cigarettes.

Dr Lion Shahab

And what we are going to do is we are going to have one bell jar set up to smoke the average number of cigarettes smoked by a smoker each month. Then we have another bell jar through which we draw vapor from an e-cigarette for the same amount of time and then as a control condition we have clear air to demonstrate not smoking or vaping so let's see what's going to happen.

[Music]

Dr Lion Shahab

And here is the bell jar with cigarette smoke.

Dr Rosemary Leonard

I mean it just is so revolting! Look at this. That's just the inside of the jar. Here, a lump of tar. So, that's what's going on inside your lungs and now we're going to cut this too and look that! There's loads of it and this is only after one month. So, is this what's happening inside our bodies when we smoke?

Dr Lion Shahab

It's certainly a good indication. So, now let's have a look at the cigarette.

Dr Rosemary Leonard

Let's just see little bit of vapor. That's the only one that's really got much in the way of colour, just.

Dr Lion Shahab

First, what my research shows that e-cigarettes are significantly less harmful than cigarettes. A big reason for this is the tar which you can see here which is not produced by e-cigarettes but produced by cigarettes

the impact of using e-cigarettes in the long term is very similar to using licenced nicotine products such as nicotine patches on nicotine gum as you can see here when you compare the control jar with the vapor Jar.



Dr Rosemary Leonard

So this experiment shows that every cigarette you smoke causes tar to enter your body and it's the tar that contains the poisonous chemicals that spread through the bloodstream

Dr Lion Shahab

Which are linked to diseases such as heart disease stroke and cancer.

Dr Rosemary Leonard

If you are thinking of quitting search smoke-free and find the best way for you to quit with a free personal quit plan
[Music]

