

VAPING AWARENESS PUBLIC EDUCATION SOCIETY

SPEARHEADING THE FIGHT TO BREAK CIGARETTE ADDICTION



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HOUSE BILL 1011

Local Tobacco Law Authorization Hearing

Feb 24, 2021

IN STRONG OPPOSITION

Planned Testimony of Scott Webber – Scott@VAPESociety.Org

Chairman Davis and fellow members of the Economic Matters Committee:

My name is Scott Webber, proud MD citizen since 1986, currently living in Bethesda.

My comments today are going to focus on the section under Bus. Reg. Article §16.7 targeting ESDs, but my position holds equally true for the other sections as well.

I am the Founder, along with my son, of the **Vaping Awareness Public Education [V.A.P.E.] Society**, a Non-Profit health policy research and political advocacy organization formed in 2014 to address the scourge of smoking, focused on the benefits - and risks - of vaping as a replacement for smoking under the framework of a comprehensive harm reduction strategy.

On the topic of vaping, I am an expert. I likely know as much about vaping as anybody in the entire State. With all due respect to our Attorney General, for whom I have the greatest respect and admiration, it is clear from his many anti-vaping testimonials, that he has been badly informed, and shows a cringe worthy lack of understanding and knowledge on the topic of vaping. I am a man of faith, but it is clear that many of our State's faith leaders know painfully little about vaping. I am not a doctor, but I am a former EMT, and I know first-hand the harm that smoking causes, having treated far too many patients with COPD and/or emphysema fighting for breath. But I also know how uninformed and dangerously misleading many of these trusted 'health professionals' are when it comes to vaping, and it frightens me to think of how many people they are going to kill if the public were to follow their well-intentioned, but deadly advice. I have testified before this honorable body for the past six years, and I can confidently say without the slightest hesitation, that I

understand vaping – both its benefits AND its harms – better than ANY of the anti-vaping witnesses that have come before you in any – all – six years. I make this claim, not to brag, but rather, to simply convey that I know what I am talking about because I have been doing the homework for more than 8 years. I’ve read more studies, and studied more data, so I know the facts – the REAL facts – AND... I have studied, and interviewed, and interacted with vapers and the vaping community, running into the many hundreds, if not thousands, of hours.

I also wish this committee to know I have never vaped a single puff in my life; my interest is purely one of broad public health and public policy, with an aspirational goal of a cigarette-free world.

FLAWS WITH HB1011

1) HB1011 IS WILDLY – ALMOST HUMOROUSLY - UNWORKABLE

There are 157 municipalities and 24 counties in Maryland. It would be impossible to understate the regulatory nightmare, and absolutely certain enforcement chaos, that would ensue if there were 181 DIFFERENT laws – in addition to State Law – SIMULTANEOUSLY ‘regulating the sale and distribution’ of tobacco in the State.

The burden upon residents - or visitors – or law enforcement – or the courts - in the State to make themselves aware of – and fully understand – and fully comply with – and enforce - all 182 potential variations at all times, is an expectation simply beyond reasonable.

There is no regulatory framework established to deal with conflicts among the 182 entities, ie: the legality of carrying such products across ‘boundaries’; or the quantity that can be legally transported; or what flavors are legally permitted; or what color of box is legally permissible; or whether the font used on the packaging is considered too ‘kid-friendly’ because it is the same font used at a school.

2) THE WORDING OF HB1011 IS EITHER SELF-OPPOSING OR ERRONEOUS

You’ve certainly all heard the expression, “Words Matter”. Nowhere is this more important than in the enactment of LAW. Laws are intended to bring stability and order to society. HB1011 brings nothing but confusion, for the words do not match the stated intent of the sponsors of the bill.

The most notable example in HB1011 is the use of the word “stringent”. The Merriam-Webster dictionary defines ‘stringent’ as

“1: tight, constricted. 2: marked by rigor, strictness, or severity with regard to rule or standard. Words that are synonymous with stringent include rigid, which implies uncompromising inflexibility ("rigid rules of conduct"), and rigorous, which suggests hardship and difficulty ("the rigorous training of firefighters"). Also closely related is strict, which emphasizes undeviating conformity to rules, standards, or requirements ("strict enforcement of the law"). Stringent usually involves severe, tight restrictions or limitations ("the college has stringent admissions rules").”

If the idea behind this bill - as was advocated for in the crossover bill SB410 - is to allow local entities the flexibility to modify, adjust, adapt, and change State law to 'best meet the needs of the local community', then law following 'stringent', 'strict', 'undeviating conformity', 'with uncompromising inflexibility', does not allow for the potentially [but predictably] local free-for-all of irrational, unscientific, highly emotional fiction that could be created under the guise of 'local law' that this law portends to allow, because such behavior is the exact OPPOSITE of 'stringent' adherence to law or rule, which does not allow for ANY deviation from the set 'standards', which would be nothing other than the exact wording in the common existing STATE law.

3) THE WORDING OF HB1011 IS FATALY VAGUE

What in the world does 'stringent' mean in the context of vaping???

Is a bigger box more or less 'stringent' than State law?

Is purchasing certain vaping supplies while the sun shines more or less 'stringent' than State law?

Is setting an age limit of 48 to purchase vaping products more or less 'stringent' than State law?

Is setting the minimum number of bottles a customer must buy of any one flavor at any one time more or less 'stringent' than State law?

Is limiting the sale of Moonlight Mist to the parents of minors in middle school during month of March more or less 'stringent' than State law?

It is literally impossible for a human being [or a computer] to have any idea what is behind the definition of 'at least as stringent' in the context of vaping under the Business Regulations Article [or ANY article for that matter], other than the clear and unambiguous definition that 'stringent' means the undeviating conformity to EXACTLY what is already stated in State law, which completely negates the needed for a State law that states nothing more than that local laws must adhere to existing State law at least as much as the State law itself. Such linguistic gymnastics are superfluous.

4) §16.7-103 – TAXES

As currently worded, §16.7-103 does not provide for a taxation exception. Accordingly, each of 181 legal entities in the State could set its own tax structure for vaping products.

5) ARGUMENTS FOR THE NEED FOR DEVIATING LOCAL LAW ARE FALSE

The underlying arguments proffered for the 'need' for local laws that deviate from State laws are false from their foundation, and either represent a lack of understanding, or are deceitful.

LET'S START WITH SOME VAPING HARM REDUCTION BASICS:

- Smoking remains that #1 cause of preventable death. Every year, almost a half a million people die in the US from smoking and smoking-related illness. In Maryland, that number is about 7500 deaths annually.
- To put this into perspective, this is similar in number to all COVID deaths, and 3 times the number of deaths from opioids.
- The number of deaths from vaping is zero. [0] Not one single person – Statewide, Nationwide, or Worldwide has died from regular vaping – EVER.
- Caffeine [via Red Bull or Monster energy drinks, No-Doz, loose powder...] is more dangerous and has resulted in more deaths than nicotine via vaping.
- Vaping is the most effective technology ever developed to get smokers to reduce or quit smoking.
- While youth adoption of ANY 'bad' habit should be minimized, concurrent with the increase in vaping, there has been a steady and dramatic DECREASE in the smoking of combustible cigarettes, for both adults, AND youth. Simple math: more vaping = less smoking = greater net public benefit.

MORE VAPING FACTS:

By the laws of fundamental physics, Vaping is NOT smoking. 'Smoke' involves COMBUSTION. Vaping has NO combustion. Vaping produces NO smoke. The two are entirely separate and distinct products and processes, and ANYBODY treating them with parity – as equals – is either grossly ignorant of basic fundamental science, or is being deliberately deceitful and dishonest. Either way, knowingly equating vaping and smoking is just plain wrong; morally, ethically, and factually.

Vaping, even if the e-liquid contains nicotine, is NOT a 'tobacco product' any more than a nicotine gum or nicotine patch, or an eggplant. Such a label is nothing short of flagrant disinformation, intended to associated two completely disassociated habits: Vaping, which has not killed a single person worldwide in 15 years¹ -- and Smoking, which kills nearly a half million every year.

Vaping, while not completely 'safe', is indeed 95-99% LESS HARMFUL than smoking because there is **NO** combustion. However, simple statistics indicate vaping is safer [attributed to fewer deaths] than driving a car; safer than eating most foods; safer than taking prescriptions drugs; unquestionably safer than drinking alcohol; safer than drinking 'energy' drinks; and even safer than drinking too much water [hyponatremia]. FACT: Vaping is safer than just about any 'bad' habit.

¹ Throughout, 'Vaping' refers to 'Regular', Vape Shop, legal, nicotine vaping. Does not include hobbyists who build their own devices out of pipes, etc., or any of the 'EVALI' deaths caused by illicit street drugs, THC, & Vitamin E Acetate injected counterfeit pods, sold in exactly the same black market that will be created if flavor bans – or local laws - shut down all the legal – regulated – vape shops.

Lastly, and appropriate to our current COVID-19 crisis, the VAPESociety asks this Committee to give serious consideration as to how closely Anti-Vapers are to being [unmasked] kissing cousins of Anti-Vaxers? Both are founded in Fear instead of Fact. Anti-Vaxers don't understand the science and they don't want to hear real data. Despite years of evidence and proven success, Anti-Vaxers - however otherwise intelligent and loving of their children and their communities - are frightfully ignorant and brainwashed into believing unfounded conspiracy theories about vaccines being little more than mercury-filled vials of child-killing poison, and they do not want to hear ANYBODY tell them they are wrong! Yet Anti-Vapers are equally as brainwashed into believing that vaping is 'evil', that vape manufacturers primarily target youth, and that vaping 'smoke' is dangerous to both the user AND bystanders, despite 15 years of hard, scientific, medical, observable evidence to the contrary, and MILLIONS of former smokers who celebrate their smoking freedom every day; a Freedom that well-intentioned - but frightfully ignorant - Anti-Vapers want to deny to vapers, forcing millions back toward combustible cigarettes, at FAR GREATER HARM to themselves, their families – especially children – and society as a whole.

PLEASE do not be an ignorant Anti-Vaxer!! PLEASE do not be an ignorant Anti-Vaper!!

Anti-vaping legislation such as HB1011, if enacted as intended, will cause fewer smokers to start vaping, will cause more vapers to go back to smoking, will lead to greatly increased healthcare costs to individuals and the State, and will lead to the early death of thousands – tens of thousands – of Marylanders over the coming decades. A sampling of studies demonstrating the impact of vaping on the reduction or cessation of smoking is attached, with a prayer that you will only take the time to read what the science and the data shouts out to anybody open to listening to logic, reason, and science.

The VAPESociety cannot request strongly enough that the Committee issue an **UNFAVORABLE** report on HB1011 so Marylanders do not die.

Most Sincerely,



~Scott Webber

Founder

Vaping Awareness Public Education Society

Attachments: (1)

NOTE: The VAPESociety would gladly discuss and/or provide supporting documentation for any statements made in this testimony, and on any matter related to vaping, whether specific to this bill or not.



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LITERATURE REVIEW

February 15, 2021

The Impact Of Vaping On Combustible Cigarette Smoking Cessation

The following literature review is a random assortment of scientific and medical articles and position papers pertaining to the use of the disruptive technology called ‘Vaping’ used by tens of millions of people worldwide to reduce or eliminate cigarette smoking. The articles come from a broad spectrum of sources including the New England Journal of Medicine, the Journal of the American Medical Association, British Medical Journal, BMC Medicine, the International Journal of Environmental Research & Public Health, the Journal of Nicotine & Tobacco Research, Addiction, the National Academies, and others. The research goes back to early in the last decade, up to current. Policy papers are included from the right-wing leaning and libertarian Heartland Institute, and the left-wing leaning Progressive Policy Institute – with both sides of the political spectrum strongly supporting the principles of ‘Harm Reduction’ to achieve the greatest economic, and public health benefits, with vaping at the center of the discussion due to its unparalleled success and clear benefits.

Ironically, while vaping has proven to be the single most effective means to get smokers to completely quit or greatly reduce their cigarette consumption, the vaping industry is forbidden - by law - to claim, or mention, or even suggest, that vaping can be an effective ‘cessation’ solution. Accordingly, you will find very little industry documentation. Nonetheless, the evidence, the data, the facts, the science, and the scientists back up the incontrovertible fact that vaping has worked as a cessation solution in the most important arena of empirical evidence: the literally tens of millions of vapers who have ceased using combustible cigarettes.

The following list contains informal references with live links to article copies with their respective copyrights, listed authors, and additional formal references and links. The compilation represents many hundreds of pages of mostly highly scientific writings, worthy of reading if one really cares about truth, and knowledge, and understanding. However, selective quotes have been pulled from the articles to give the reader a quick gist, as well as a short VAPESociety ‘VAPESTake’ about the writing.

Title: 1. Tobacco Smokers Could Gain 86 Million Years of Life if they Switch to Vaping

Source: Georgetown University Medical Center

URL: <https://1drv.ms/b/s!AtF91jqW2Ne9i0yfrkt0Yu3yxZ1I?e=8BQqyZ>

Quoted: *“In all, cigarette smokers who switch to e-cigarettes could live 86.7 million more years [over a 10-year period] with policies that encourage cigarette smokers to switch completely to e-cigarettes. In addition, there would be tremendous health benefits including reduced disease disability to smokers, reduced pain and suffering, and reduced exposure to second hand smoke.”*

“Even the gloomiest analysis shows a significant gain in years of life if nicotine is obtained from vaping instead of much more deadly amount of toxicants inhaled with cigarette smoke.”

VAPESTake: Vaping is not entirely ‘safe’, but it is many magnitudes ‘SAFER’ than smoking. Smoking is seriously estimated to be at least 2000% more harmful. Smoking kills nearly a half million Americans EVERY year, while legal nicotine vaping has not resulted in a single death¹ – worldwide – since it was invented and made commercially available in 2006.

¹ No directly associated deaths. Does not take into account indirect events such as auto accidents, or the EVALI deaths caused by illegal THC street drugs inappropriately used in counterfeit cartridges, and falsely attributed to ‘vaping’.

Title: 2. E-cigarettes are estimated to have helped 16,000-22,000 smokers in England to quit
Source: Medical XPress
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9iyThrouVMiDunVp8?e=ygO2gG>
Quoted: *“Previous research has found that when used in this way, e-cigarettes increase the chances of success by around 50% compared with using no support or one of the traditional nicotine products such as gum or skin patch.”*
“E-cigarettes appear to be helping a significant number of smokers to stop who would not have done otherwise - not as many as some e-cigarette enthusiasts claim, but a substantial number nonetheless.”
VAPESTake: This is a 2016 study looking at 2014 data, so the raw numbers are significantly higher now, but the fundamental understanding that vaping has helped a staggering number of people to reduce or quit smoking entirely remains true. The effectiveness of vaping has been observed for a very long time, and the body of evidence is only growing.

Title: 3. Electronic Cigarettes Have a Potential for Huge Public Health Benefit
Source: BMC Medicine
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9izkepp1iN0hefyK0?e=1Gpb5G>
Quoted: *“There is now a sufficient body of evidence available on several aspects and effects of [Electronic Cigarettes] for recent reviews to conclude that health care professionals and public health bodies should encourage smokers who cannot stop smoking using available treatments, or do not want to do so, to switch to [Electronic Cigarettes]”*
“[Electronic Cigarettes] have a potential to generate substantial public health benefits and that discouraging smokers from using them and regulating [Electronic Cigarettes] as severely as cigarettes, or even more severely, is detrimental to public health.”
“Nicotine use, of course, can have negative consequences even if it does not affect physical health. A proportion of users become dependent. However, compared with disease and death caused by combustible non-nicotine chemicals in tobacco smoke, this is a minor consideration. Worries about nicotine use stripped of the health risks of smoking are on par with worries about drinking coffee.”
VAPESTake: This is a powerful article looking at not only the science of vaping, but equally – if not more importantly - the public policy and political elements of the debate, pointing out that the resistance to vaping is clearly centered on ideological and moralistic elements, and not on individual or public health considerations, which overwhelmingly support vaping.

Title: 4. Daily E-Cigarette Users Had Highest Rates of Quitting Smoking
Source: Columbia University Mailman School of Public Health
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9i0N0cMk1uw1w8Loo?e=zb1hbe>
Quoted: *“Among U.S. adults who were established smokers in the past five years, those who use e-cigarettes daily were significantly more likely to have quit cigarettes compared to those who have never tried e-cigarettes.”*
VAPESTake: Vapers were almost twice as successful as non-vapers in their efforts to quit smoking. The superior success of vaping as the cessation solution of choice is consistent across numerous studies, as is the success of vapers to not relapse *IF* they keep vaping. This puts nicotine vaping more in line with other medical treatments – diabetes, cholesterol, blood pressure, etc – that have proven successful in adding many high-quality years to a person’s life.

Title: 5. Tobacco Harm Reduction 101

Source: Heartland Institute

URL: <https://1drv.ms/b/s!AtF91jqW2Ne9i0bErCLHN-CP7uFa?e=vy14kS>

Quoted: *Research overwhelmingly shows the smoke created by the burning of tobacco, rather than the nicotine, produces the harmful chemicals found in combustible cigarettes."*

"There is no significant scientific evidence connecting major health problems with the use of nicotine alone. However, because nicotine enters the body along with many harmful chemicals while smoking combustible cigarettes, many erroneously believe that it is the nicotine in cigarettes that causes hazardous health conditions such as cancer."

"Because e-cigarettes and vaping devices do not contain many of the harmful ingredients included in tobacco products, their widespread use as a replacement for tobacco would provide substantial public health benefits and reduce state and federal health care spending." [\$48 billion in 2012]

"The Yale [University Study] also found the greater the access to e-cigarettes, the greater the drop in the state's smoking rate."

VAPESTake: A 'should read', balanced, and more comprehensive analysis of THR [Tobacco Harm Reduction] and several of its various elements: concept; science; statistics; economics; policy. Assembled explicitly for 'Policymakers' with a focus on the public policy benefits of vaping, the publication frames many of the arguments and directly addresses many common vaping 'myths'.

Title: 6. The Impact of Electronic Cigarettes on Cigarette Smoking

Source: Progressive Policy Institute

URL: <https://1drv.ms/b/s!AtF91jqW2Ne9i1IWQxBWRh79BsU5?e=nA1HFo>

Quoted: *"Most of the empirical evidence appears to support the view that e-cigarette use reduces the incidence of regular cigarette smoking."*

"Statistical analysis of the changes in smoking rates and e-cigarette use by age, gender, race and ethnicity suggests that about 70 percent of the increased decline in cigarette smoking from 2013 to 2017 was associated with the rising use of e-cigarettes."

"Among adolescents, the association between declining smoking rates and rising e-cigarette use was even stronger than among adults."

"Statistical analysis and numerous studies establish that e-cigarettes are an effective tool to help people stop smoking or avoid starting to smoke cigarettes."

"Across both age cohorts, the net health-associated lifetime gains from starting to use e-cigarettes in 2017 instead of smoking cigarettes exceed \$2.5 trillion."

"Over the ten years from 2017 to 2027, therefore, we estimate that the use of e-cigarettes from 2017 to 2027 by these 3,844,841 people who otherwise would have been cigarette smokers will increase their collective productivity by \$43.96 billion."

VAPESTake: As with the Heartland Institute publication, this Progressive Policy Institute publication is targeted toward policymakers, looking at not only public health implications, but public economics as well. An interesting twist to their analysis is that the health care costs actually increase for vapers... because they live so much longer! However, their productivity and quality of life over these extended years more than makes up for this cost.

Title: 7. Public Health Consequences of E-Cigarettes
Source: National Academies
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9iyPEwQg4NCTWMkOI?e=7QhfwP>
Quoted: *Although e-cigarettes are not without risk, compared to combustible tobacco cigarettes they contain fewer toxicants; can deliver nicotine in a similar manner; show significantly less biological activity in most, but not all, in vitro, animal, and human systems; and might be useful as a cessation aid in smokers who use e-cigarettes exclusively.*
VAPESTake: The full version of this document is 750 pages long. Nonetheless, as a ‘review of the literature’, it reveals major flaws in the existing literature. One notable example is the ‘substantial evidence’ finding that e-cigarette use increases the use of combustible cigarettes, which is in direct conflict with just about every study out [see immediately preceding] that reveals vaping use to have skyrocketed, especially among youth, but also finds combustible tobacco use continuing to decline; a statistical impossibility.

Title: 8. Electronic Cigarette Use and Cigarette Abstinence Over 2 Years
Source: Nicotine & Tobacco Research - Oxford Academic
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9i03uyRcgw5ShEAMR?e=nMwL2G>
Quoted: *“In this nationally representative longitudinal cohort study of US adult cigarette smokers, daily e-cigarette use, compared to no e-cigarette use, was associated with a 77% increased odds of prolonged cigarette smoking abstinence over the subsequent 2 years. Regular use of e-cigarettes may help some smokers to stop smoking combustible cigarettes.*
VAPESTake: Unlike many other studies that study much shorter periods, this one followed smokers for a full 2 years, finding that vaping not only helped them break the cigarette habit, but continued daily vaping kept them from going back to cigarettes.

Title: 9. Adults Who Vape Are More Likely To Quit Cigarettes
Source: CNN
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9iz5jyMW6LTc8eYrq?e=tYz3ks>
Quoted: *The study, published in the medical journal JAMA Internal Medicine, tracked more than 5,000 daily smokers for an average of two years in France. It found that smokers who vaped used fewer cigarettes per day and were more than one and a half times as likely to quit completely.*
VAPESTake: This long-term study found a higher incidence of relapse with former smokers using electronic cigarettes than those who did not, but noticed lower relapse rates with newer more modern vaping equipment, as opposed to earlier generation equipment.

Title: 10. Electronic Cigarette Use and Cigarette Abstinence Over 2 Years
Source: Nicotine & Tobacco Research
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9i1twCyOwmCgCx5ci?e=NjVsXc>
Quoted: *“In this nationally representative longitudinal cohort study of US adult cigarette smokers, daily e-cigarette use, compared to no e-cigarette use, was associated with a 77% increased odds of prolonged cigarette smoking abstinence over the subsequent 2 years. Regular use of e-cigarettes may help some smokers to stop smoking combustible cigarettes.”*

“Although e-cigarettes expose users to nicotine, they do not burn tobacco. Consequently, they expose users to fewer and lower levels of the many other chemicals found in tobacco smoke. It is these combustion products, rather than nicotine, that are the primary source of smoking-related morbidity and mortality. National evidence reviews from England and the United States have concluded that although e-cigarette use is not harmless, cigarette smokers who switch to e-cigarettes will likely reduce their smoking-attributable health risks.”

“E-cigarettes therefore have the potential for substantial public health benefit if cigarette smokers, especially those who are unwilling or unable to quit using current treatments, switch to e-cigarettes and stop smoking combustible cigarettes.”

VAPESTake: This high-quality, multi-year Wave 3 PATH analysis from Mass General & Harvard Medical School, found a clear and unambiguous association between frequent [daily] vaping, and users successfully abstaining from cigarettes.

Title: 11. Adult Smoking Cessation – The Use of E-Cigarettes

Source: U.S. Surgeon General

URL: <https://1drv.ms/b/s!AtF91jqW2Ne9izy9RGIPFSZob6a3?e=8VwTgk>

Quoted: *“Research is uncertain on whether e-cigarettes, in general, increase smoking cessation.”*

“Some research suggests that using e-cigarettes containing nicotine is associated with greater smoking cessation than using e-cigarettes that don’t contain nicotine, and more frequent use of e-cigarettes is associated with greater smoking cessation than less frequent use.”

“The FDA has not approved e-cigarettes as a quit smoking aid, and more research is needed on whether e-cigarettes are effective for quitting smoking and to better understand the health effects of e-cigarettes.”

VAPESTake: An interesting, yet consistent double-standard position from the U.S. Government. Despite hundreds of studies indicating a clear association between vaping and successful smoking abstinence, [cessation] even using verified government data [ie: multi-wave PATH data analyzed in the Mass Gen/Harvard study above], and the undeniable empirical evidence of tens of millions of vapers who have either quit completely, or have significantly reduced their cigarette consumption, [the acknowledged ‘explosion’ of vaping], Government reports such as this one from the Surgeon General repeat the need for ‘more research’, and focus on the ‘uncertainty’ of vaping as a cessation tool, while the FDA and other bodies are actively trying to severely limit vaping options and availability, reducing or completely eliminating the opportunity to conduct the very ‘research’ they say is needed. At the same time, while cautioning against the use of vaping - that has not been linked to a single death worldwide since being introduced more than 14 years ago² – because it is not yet approved by the FDA, they continue to actively promote the use of dangerous drugs such as Chantix – that has been ‘approved’ by the FDA – even while being linked to thousands of suicides and hundreds of deaths. Ironically, risk and harm to the public health is not a criteria for approval...

Title: 12. Relationship of E-Cigarette Use to Cigarette Quit Attempts and Cessation

Source: Journal of Nicotine & Tobacco Research

URL: <https://1drv.ms/b/s!AtF91jqW2Ne9izCT52kEwJdnNO-x?e=osB42W>

Quoted: *“Previous studies have obtained mixed results regarding the relationship of e-cigarette use to cigarette smoking cessation. This study provides a more precise methodology for considering the relationship of e-cigarette use to quit attempts and to quit success, and finds that quit attempts and quit success increase with the number of days use in the past month.”*

VAPESTake: Yet another study demonstrating that consistent vaping is among the most reliable indicators of smoking quit success.

² No directly associated deaths. Does not take into account indirect events such as auto accidents, or the EVALI deaths caused by illegal THC street drugs inappropriately used in counterfeit cartridges, and falsely attributed to ‘vaping’.

Title: 13. Association of prevalence of electronic cigarette use with smoking cessation
Source: Journal of Addiction
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9izVw6zvltgEEem9Tq?e=NpOfKm>
Quoted: *“The increase in prevalence of e-cigarette use by smokers in England has been positively associated with an increase in success rates of quit attempts and overall quit rates”*
VAPESTake: Yet another study demonstrating that consistent vaping is among the most reliable indicators of smoking quit success.

Title: 14. A Randomized Trial of E-Cigarettes versus Nicotine-Replacement Therapy
Source: New England Journal Of Medicine
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9iynmtD2XC--PPh1s?e=zLrAAb>
Quoted: *E-cigarettes were more effective for smoking cessation than nicotine-replacement therapy, when both products were accompanied by behavioral support.*
VAPESTake: Consistent with so many other similar studies, the e-cigarette group sustained 1-year cigarette abstinence at a rate almost twice the success of other NRTs [Nicotine Replacement Therapies] 18.0% v 9.9%.

Title: 15. Characteristics, Perceived Side Effects and Benefits of Electronic Cigarette Use
Source: International Journal of Environmental Research and Public Health
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9i2DukxCCrWzLs7u8?e=CyDXQr>
Quoted: *“The results of this worldwide survey of dedicated users indicate that ECs are mostly used to avoid the harm associated with smoking. They can be effective even in highly-dependent smokers and are used as long-term substitutes for smoking.”*
“Complete substitution of smoking was reported by 81.0% of participants (former smokers) while current smokers had reduced smoking consumption from 20 to 4 cigarettes per day.”
“The most important reasons for initiating EC use for both subgroups [complete cessation and reduction] was to reduce the harm associated with smoking and to reduce exposure of family members to second-hand smoking.”
VAPESTake: One of the largest surveys of vapers ever studied, involving 19,414 participants. All but 0.5% were FORMER smokers who were now vaping instead of smoking. It is notable that beyond the raw numbers [81% had achieved complete smoking cessation] the primary motivation was harm reduction, not only to self, but to family members. [‘Second-hand vapor’ carries less than 1% of the danger of second-hand smoke.]

Title: 16. Effectiveness of the Electronic Cigarette
Source: International Journal of Environmental Research and Public Health
URL: https://1drv.ms/b/s!AtF91jqW2Ne9i2HNx0qqa_gEz3qU?e=vQ7k7Y
Quoted: *“In a series of controlled lab sessions with e-cig naïve tobacco smokers, second generation e-cigs were shown to be immediately and highly effective in reducing abstinence induced cigarette craving and withdrawal symptoms, while not resulting in increases in eCO. Remarkable (>50 pc) eight-month reductions in, or complete abstinence from tobacco smoking was achieved with the e-cig in almost half (44%) of the participants.”*

VAPESTake: This tightly controlled RTC study was looking not only at cessation results, but at cravings and withdrawal effects of the participants. The participants were from a pool of smokers who were not willing – or able – to stop smoking using other cessation techniques. The results revealed an overall reduction in cigarettes of 60% and a total abstinence rate of 21%. Cigarette cravings were sharply reduced or completely eliminated, and withdrawal symptoms were minimal.

Title: 17. E-cigarettes Comparing the Possible Risks of Increasing Smoking Initiation with the Potential Benefits of Increasing Smoking Cessation

Source: Nicotine & Tobacco Research

URL: <https://1drv.ms/b/s!AtF91jqW2Ne9iz2mWFA1STVRYkXn?e=lrOIxB>

Quoted: *“Our analysis strongly suggests that the upside health benefit associated with e-cigarettes, in terms of their potential to increase adult smoking cessation, exceeds their downside risk to health as a result of their possibly increasing the number of youthful smoking initiators. Public messaging and policy should continue to strive to reduce young people’s exposure to all nicotine and tobacco products. But, they should not do so at the expense of limiting such products’ potential to help adult smokers to quit.”*

VAPESTake: This is yet another long-term cost-benefit analysis at the population level that recognizes the risk of youth initiation, but finds the benefits to society of adult smoking cessation are significantly greater.

Title: 18. E-Cigarettes More Effective Than Counseling Alone for Smoking Cessation

Source: American College of Cardiology

URL: <https://1drv.ms/b/s!AtF91jqW2Ne9izij9Ac4f6Q6gJ4d?e=PfoXZh>

Quoted: *“Smokers who received smoking cessation counseling and used electronic cigarettes (e-cigarettes) containing nicotine were more than twice as likely to successfully quit smoking compared to those who received counseling but did not use e-cigarettes”*

VAPESTake: This study is consistent with just about every smoking cessation [any addiction] program, finding significant – if not dramatic - benefits are derived when combined with counseling. While not in this study, it should be noted that vape shops provide a remarkable level of ‘counseling’³ at a level that is difficult, if not impossible to obtain anywhere else. This is because most specialized vape shop employees are not only highly knowledgeable about their product, and therefore, can best assure the product is appropriate and understood, but the vast majority are also FORMER smokers who have successfully transitioned to the demonstrably safer disruptive technology they are offering – they are trusted peers.

Title: 19. Prevalence of population smoking cessation by electronic cigarette

Source: Journal Of Addictive Behaviors

URL: <https://1drv.ms/b/s!AtF91jqW2Ne9iyoEe11aThK-Nkc8?e=f1t8Xa>

Quoted: *“Over half of daily e-cig users in the sample quit smoking in the last 5 years.”*
“Daily e-cig users were 3 times more likely to be quit than never e-cig users.”

VAPESTake: This is yet another study of ‘former smokers’ [people who successfully quit] and an analysis of how they achieved abstinence. The results found that daily vaping was the highest correlate.

³ There is no professional designation as ‘vaping counselor’, and all such communication is informal and considered ‘opinion’, rather than professional advice. However, peer counseling / support is universally known to be highly trusted and valuable, especially in the area of addiction, hence the success of Alcoholics Anonymous, Narcotics Anonymous, etc.

Title: 20. Quit and Smoking Reduction Rates in Vape Shop Consumers
Source: International Journal of Environmental Research and Public Health
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9iytPNXwYwmeMyn1S?e=5cc1Mr>
Quoted: *“We have found that smokers purchasing e-cigarettes from vape shops with professional advice and support can achieve high success rates.”*
VAPESTake: This is yet another study looking at the role of vape shops – and their employees – in the successful reduction or complete cessation of combustible cigarettes by customers. Although vape shop employees are frequently highly trained ‘professionals’, there is no standard in the industry. [see footnote #3] Nonetheless, the study found a ‘quit rate’ in excess of 40% by users who took advantage of the expertise found in specialized vape shops.

Title: 21. Effectiveness of Electronic Aids for Smoking Cessation
Source: Current Cardiovascular Risk Reports
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9iyVZBsG0G02cQ4sI?e=HPdinz>
Quoted: *“Preliminary evidence suggests that e-cigarettes are likely much safer than regular cigarettes and are helpful to some smokers as a means of reducing or quitting smoking.”*
VAPESTake: This study points out that electronic cigarettes [and mobile health intervention] should be [correctly] looked at as ‘alternative’ or ‘additional’ approaches to reducing tobacco-related morbidity and mortality, that have the [proven] potential to reach smokers who have not – or would not – utilize ‘traditional’ solutions or services, or for those for whom such ‘solutions’ failed to work. In the field of tobacco harm reduction, there is no one ‘right’ way, other than the solution that is successful.

Title: 22. E-cigarette use and associated changes in population smoking cessation
Source: British Medical Journal
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9izRXJXZF12BJF4f9?e=ow4zH0>
Quoted: *“The substantial increase in e-cigarette use among US adult smokers was associated with a statistically significant increase in the smoking cessation rate at the population level.”*
“E-cigarettes appear to have helped to increase smoking cessation at the population level”
VAPESTake: This is yet another study – this one in the U.S. -- that finds with very high confidence [and consistent with almost every other similar study] that there is a statistically significant correlation between the increase in the number of smokers who try vaping to help them quit, and their success. More vapers results in fewer smokers. This is about as simple as it gets.

Title: 23. Association Between Electronic Cigarette Use and Smoking Reduction in France
Source: Journal of the American Medical Association – Internal Medicine
URL: <https://1drv.ms/b/s!AtF91jqW2Ne9izbuQSDjzGfrJzQ3?e=7Gk08U>
Quoted: *“This study’s findings suggest that among adult smokers, EC use appears to be associated with a decrease in smoking level and an increase in smoking cessation attempts”*
VAPESTake: This is yet another study – this one in France – that demonstrated the use of vaping as a smoking cessation tool was associated with a significant decrease in the number of cigarettes smoked, and a higher smoking cessation outcome, than was realized by participants that did not use vaping. More vaping equals less smoking. This is about as simple as it gets.

Title: 24. Adherence among Pregnant Women - Trial of E-Cigarettes for Smoking Cessation
Source: International Journal of Environmental Research and Public Health
URL: https://1drv.ms/b/s!AtF91jqW2Ne9iy_LpvNltE3HN-S?e=HEv67l
Quoted: *“Pregnant smokers provided with e- cigarettes, and with generally high levels of vaping, had positive beliefs about the necessity of vaping for smoking cessation which outweighed concerns about vaping.”*
VAPESTake: This study demonstrates that concerns for the safety of and health benefits for others [fetus internally and family/existing children affected by second-hand smoke] were strong motivating factors for women toward giving up or reducing cigarette smoking while pregnant, believing [quite correctly] that vaping is magnitudes safer than smoking at every metric. The significance of this goes far beyond this study. Minimizing -- or worse yet, falsifying -- the actual benefits of vaping has the dangerous affect of reducing trust -- and use -- of safer solutions. The end result for many -- if not most -- smokers who might have considered vaping, is that they continue to smoke, which is unequivocally the worst possible outcome.

Title: 25. Changing Perceptions of Harm of e-Cigarette vs Cigarette
Source: Journal of the American Medical Association - Network
URL: https://1drv.ms/b/s!AtF91jqW2Ne9izoKzLc_TLXLnl77?e=3LYwtl
Quoted: *“The proportion of US adults who perceived e-cigarettes to be as harmful as or more harmful than cigarettes increased substantially from 2012 to 2017. The findings of this study underscore the urgent need to accurately communicate the risks of e-cigarettes to the public, which should clearly differentiate the absolute from the relative harms of e-cigarettes.”*
VAPESTake: This study highlights a dangerous -- and deadly -- trend in the U.S. to ignore, minimize, or falsely refute the scientifically proven benefits of vaping, while simultaneously, and intentionally, spreading misinformation and fear, concerning the ‘risks’ of vaping, and exaggerating the dangers. Examples include statements that vaping may actually be more dangerous than smoking combustible cigarettes, that smokers would be better off continuing to smoke until more is known about vaping, and even suggesting that vaping will cause worms to crawl under the skin, and parasites to eat out the brains of teenagers. <https://www.youtube.com/watch?v=zYuyS1Oq8gY>
Grossly untruthful scare tactics used to misinform the public are never good -- or acceptable -- but such efforts are being deployed and coordinated at the highest levels of government, and with increasing success, resulting in perceptions that are significantly out of line with the science and facts -- but on fear.

Title: 26. The Renormalization of Smoking - E-Cigarettes and the Tobacco Endgame
Source: New England Journal of Medicine
URL: https://1drv.ms/b/s!AtF91jqW2Ne9iybylui6h_-OP9R6?e=tBqFzw
Quoted: *“Some studies suggest that the majority of e-cigarette users treat them as cessation aides and report that they’ve been key to quitting smoking.”*
“The most vocal supporters of e-cigarettes, other than those with commercial interests in them, have been public health professionals who’ve embraced the strategy of harm reduction — an approach to risky behavior that prioritizes minimizing damage rather than eliminating the behavior.”
“We may not be able to rid the public sphere of “vaping,” but given the magnitude of tobacco-related deaths — some 6 million globally every year and 400,000 in the United States, disproportionately among people at the lower end of the socioeconomic spectrum — an unwillingness to consider e-cigarette use until all risks or uncertainties are eliminated strays dangerously close to dogmatism.”

VAPESTake: This well-thought-out perspective piece from no other than the preeminent New England Journal Of Medicine, frames the current debate well. If the ‘Endgame’ of the tobacco-control advocates is nothing short of total, puritanical, abstinence - if not outright abolition - of nicotine, then vaping represents an existential threat to their movement, because nearly all the real ‘dangers’ from nicotine addiction that come from combustible cigarettes – that are the legitimate fear generators - have been eliminated. Vaping is so much safer – by magnitudes [scientifically estimated to represent less than 1/20th of the harm of combustible cigarettes, down to as little as 1/100th or less] that tobacco abolitionists fear it will simply replace smoking. Ironically, this is exactly what ‘Harm Reduction’ public health advocates are fighting for; you quickly eliminate 95%-99% of the ‘harm’ from smoking, so you can then focus time and resources on the underlying issues of the underlying addiction. As the article rightfully points out, all we have to do is look back to the prohibitionist ‘War on Alcohol’ and the ‘War on Drugs’ for guidance related to their effectiveness and outcomes.

Title: 27. Online Vape Shop Customers Who Use E-Cigarettes Report Abstinence from Smoking

Source: International Journal of Environmental Research and Public Health

URL: <https://1drv.ms/b/s!AtF91jqW2Ne9iy4aUJCgUMvWWhIA?e=jdwu4e>

Quoted: *“Nevertheless, the recurrently reported earlier unsuccessful smoking cessation attempts, using different aids such as NRT, and the overall agreement that vaping helps with quitting or reducing smoking in substantial proportions of respondents suffice to make the case that e-cig-based tobacco harm reduction (THR)—encouraging the substitution of low-risk alternatives—may provide a viable alternative for (at least some) smokers who cannot or do not want to cease all tobacco and/or nicotine consumption.”*

VAPESTake: In what should now be a recognizable recurring theme, vaping is a remarkably successful smoking cessation solution for a substantial pool of smokers [tens of millions] who have been either unable or unwilling to quit using other solutions, but have found success with vaping. Harm Reduction advocates are universal in their unwavering position that doing something that is ‘less harmful’ than an alternative, [vaping nicotine instead of smoking it] is a wise choice that should not only be allowed, but encouraged, not only at the individual level, but at the highest levels of public health policy.

Title: 28. What Are The Reasons That Smokers Reject ENDS?

Source: Journal of Drug and Alcohol Dependence

URL: <https://1drv.ms/b/s!AtF91jqW2Ne9i0EaEQjykEnjVDhr?e=scbx9J>

Quoted: *“Whereas smokers who had formerly used ENDS cited inadequate craving reduction or incomparability to smoking for their discontinuation, the larger segment of smokers who have never used ENDS cited "safety," "effectiveness," and "costs" as reasons for non-use.”*

VAPESTake: While every major health organization [WHO, CDC, FDA, American Lung, American Heart, American Cancer, etc] has come to the [sometimes reluctant] conclusion that vaping is less harmful, less dangerous, and less deadly than cigarette smoking, the relentless media focus solely on the ‘dangers’ of vaping, and the ‘risk’ to youth are drowning out the clear, factual, scientific, and evidence-based position that vaping is a vastly superior ‘bad habit’ that would save millions of lives, and trillions of dollar, if only pursued with the same vigor and passion and resources as the efforts to destroy this positive message are getting.

Title: 29. Vape Shops As Cessation Counselors

Source: International Journal of Environmental Research and Public Health

URL: <https://1drv.ms/b/s!AtF91jqW2Ne9iyeTUpOGtX7SQYej?e=XlKn4f>

Quoted: *“Specialist electronic cigarette (e-cigarette) shops, known as vape shops, provide access to a less harmful alternative to smoking. This study aimed to understand customers’ experiences of vaping and vape shops, and the extent to which smoking cessation advice is and should be provided in these shops.”*

“I Felt Welcomed in Like They’re a Little Family in There, I Felt Like I Was Joining a Team or Something”

“Vape shops have the potential to play an important role in tobacco harm reduction, which could be increased if their service model were to extend to help smokers to quit.”

VAPESTake: ‘Success’ should be measured by its level of success. Specialty vape shops were predominantly opened by former smokers who successfully transitioned from smoking cigarettes, to vaping. Specialty vape shops almost exclusively hire vapers who understand and can recount their own successful journey from cigarettes to vaping. The undeniably simple truth that tens of millions of smokers have successfully reduced or completely stopped smoking through vaping, is in itself a success story that should be celebrated, but this success was only made possible as the result of thousands of successful, small business, neighborhood corner, friendly Mom-N-Pop, family-owned, smoking-cessation centers... that are not even allowed to claim they help people quit smoking because Big Government – and Big Tobacco – and Big Pharma – are terrified of their success.

Shutting down and destroying the most successful smoking cessation system ever designed, would not be a ‘success’ under any definition.

Closing Remarks From The Vaping Awareness Public Education Society

The human consumption of nicotine from the tobacco plant dates back to 5000 BC, and is not likely to be abolished this year... or decade... or century.

Notwithstanding, smoking tobacco cigarettes remains the most deadly, debilitating, and costly habit known to mankind; nothing even comes close.

ANYTHING that can be done to reduce or break cigarette smoking habit represents an unparalleled and irrefutable benefit to society.

ANY efforts to discourage or restrict a healthier, safer alternative to smoking [anything!!] is poor – irresponsible – public health policy.

Legislation should be crafted to minimize youth adoption, but NOT at the expense of harming the prospects for existing smokers to break the cigarette smoking habit.

Accelerated adoption and open encouragement of vaping as a proven reduced-harm alternative to smoking would almost certainly save millions of lives, and billions of dollars every year, based on facts, data, and empirical evidence already before any open-minded person willing to do nothing more than look at the data.

Fear-based abolitionist and prohibitionist policies, in contrast - especially if such efforts successfully destroy the vaping industry, as is openly advocated for by many - will result in the needless death of tens of millions of people, and with a net cost to society of multiple trillions of dollars. This too, is supported by empirical facts.

Vaping Saves Lives

Legislate wisely based on FACT – NOT FEAR!

If Daddy is an alcoholic, the victory is getting Daddy sober, not letting Daddy die, so the prohibitionist orphanage can celebrate the arrival of their newest child teetotaler...