

# Do smokers need nicotine to switch? The role of vapes shops in Public Health



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DoI:

Honoraria for conferences on vaping for MD & PharmD : Ethypharm (Harm-reduction)

Trainings on vaping and nicotine for vapes shops and health professionals

No link with tobacco industry



# Smoking is not a disease!

- Depending on the countries, 50-80% of smokers try to quit on their own without help!
- Nicotine replacement therapy works, when correctly used, but its impact on smoking prevalence is questionable. Most often used at insufficient dose and not for long enough.
- “ It is not so much the efficacy of new nicotine delivery systems as temporary aids to cessation, but their potential as long-term alternatives to tobacco that makes the virtual elimination of tobacco a realistic future target.”  
Michael Russell, Br J Addiction. 1991;86:653-658.
- Will Personal Vaporisers (electronic cigarettes) help achieve this goal?



# Nicotine is not the devil!

- But smokers fear nicotine, so do most vapers as they were once smokers. And most vapeshops' staffs are vapers...
- There is a need for educating vapeshops on the role of nicotine in tobacco dependence, and on its pharmacological properties, and relative toxicity compared to tobacco smoke.
- Vapeshops have a role in Public Health in helping smokers to switch to vaping, and they need to reassure smokers at every step, and to provide them support.
- Most smokers need a device with a tight airflow, closer to the draw of a cigarette, and they need to learn how to vape.
- Most smokers, even some light smokers, need a high strength nicotine liquid, and the 20 mg/ml limit in Europe is too low for some 25-30% of them.



# Smokers know how to self-titrate, but need to learn how to vape

- There is no risk of nicotine overdosing by inhalation, the first sign of intoxication is nausea, all smokers know that.
- Smokers who switch to vaping must learn how to vape, and vapes shops need to be trained to do it correctly.
- Coughing at the beginning is due to too much air inhaled with a too short puff. A puff needs to be around 3 sec.
- Smokers are not coughing when they smoke as there is menthol (+ other substances) in tobacco acting as an anaesthetic.
- Smokers need to know vaping delivers nicotine more slowly. They will need to vape more regularly over the day than when smoking.

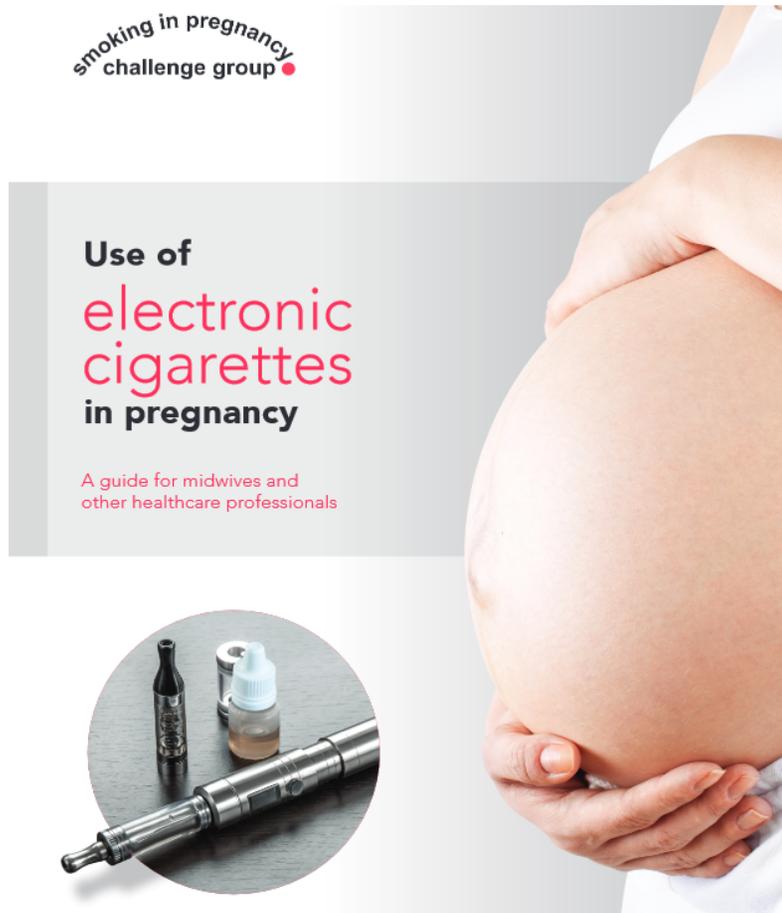


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# Vaping may be used during pregnancy



- Remember that a pregnant women metabolises nicotine twice as fast than when non-pregnant.
- Association of vaping + NRT may also be used if necessary (due to 20 mg/ml limit in Europe!).

<http://smokefreeaction.org.uk/wp-content/uploads/2017/06/eCigSIP.pdf>

[http://www.stop-dependance.ch/cgi-bin/tabac/aff\\_news\\_widget.pl?2974](http://www.stop-dependance.ch/cgi-bin/tabac/aff_news_widget.pl?2974)

# Choice of the liquid

- A smoker needs to be reassured, and will naturally go for a tobacco flavor liquid, or a mint flavor, that will be the less destabilizing. Complex liquids are not made for new users.
- Testing in vapes shops is a crucial part of the switch to vaping.
- It is the right time to learn how to vape (that's when smokers will cough). Explain that coughing is due to an itchy throat, and that there are anesthetic substances in tobacco smoke (menthol + others), but not in liquids (apart from maybe mint).



# Choice of the nicotine dose

- This is where you have to listen and ask the right questions. The number of cigarettes smoked per day (including evenings with friends) is a good indicator. **Remember that the nicotine yield indicated on the packs means nothing, and that a RYO cigarette = 2 industrial cigarettes.**
- A starting point is:
  - 6 mg/ml = 4-5 cigarettes a day
  - 12 mg/ml = 1/2 pack a day
  - 16 mg/ml = 15 cigarettes a day
  - 18-20 mg/ml = a pack a dayAbove a pack a day, in Europe (limitation to 20 mg/ml max) we recommend to add a patch.
- However, **be aware!** Some “light” smokers may need higher nicotine dose than you may thought.



# Choice of devices

- Always think to reassure! Even on devices...
- A smoker needs autonomy, a large battery may be necessary, even if smokers tend to think “it's big!”
- Atomizer needs to be simple with a draw close to that of a cigarette.



iStick 40 W



Zenith



Ferobox 45 W



GS Air



# Amzer Glas trainings

Informations at - <http://jlhamzer.over-blog.com/formations-amzer-glas-3.html>

More than 100 vapesshops trained:

## **FRANCE**

Nicotech, Vap'Art, Revolute, Vapo Smoke Today, Vapotech, Vapostore, La Machine à vapeur, Mister E-Machine, Arômes & Vapeurs, ATOUTVAP, Au vapoteur.com, Ozone, Vapp'en ville, Feeling Smoke, GEM Vap, MMSmoke, N.Y.'Vap, Newconcept, Vapobugue, Vapoclope, Kandy Geek, La vape de l'Ile, Gaïa Trend, Happy Vap, Avenir Vapoter, CHS Blain, City Vape, O mon vapo, Youvape, BB VAP, B2C REVOLUTE, Echo Concept, Passion Vape, RConcept, Steam Rise, Steamy Shop, Solana, Vap'Expert, ECIG & ZEN, Vapotella, Vaponaute, Oh la Vape !, Beyond the Fog, Vapotrotter, CH Georges Daumezon, Calumette, Cigaverte, CigWest, Vapadonf, Vapo-Dépôt, Arhoms, Oh Vapoteurs, TNV, Around The Vape, La Vapotithèque, Vape Club, Vax, Alter Smoke, Aroma Sense, CIG'STORE, ENOVAP, J VAP, Klop's, La Vaporeuse, Le Balto, Le Vapoteur, Périgord Vape, Point Smoke, Yes Store, Like Cigarette, Mistral Vape, Smoky House, Jwell Châteaurenard, Institut du Cancer de Montpellier, Joshnoa & Co, Kit à Fumer, Cigaretteelec.fr, Sudeclope, Taklope Clermont l'Hérault, La Boutique à vapeur, High Vaping, Vaper's Shop, EcoVapoteur, Vap'store

## **BELGIUM**

VIP Corner Bruxelles

## **SWITZERLAND**

Chez Smoke, Alter Smoke Swiss, Fumerolles, La Cave du Vapoteur, Sweetch

