

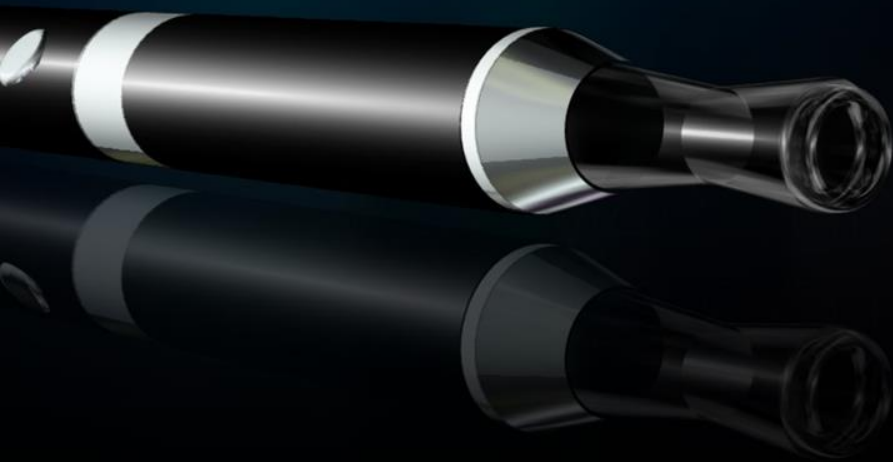


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EXPERT PANEL ON VAPING VS TOBACCO SMOKING
BUILDING POLICY CONSENSUS TOWARDS
A SMOKE FREE SOUTH AFRICA



Dr Delon Human, M.B.Ch.B,
M.Prax.Med,MFGP, DCH, MBA is co-founder
of the Africa Harm Reduction Alliance (AHRA)
and President of Health Diplomats, a
specialised health, nutrition and prevention
consulting group operating worldwide.



DR DELON HUMAN



Clive Bates has had a diverse career in the public, private and not for profit sectors. In 2013, he opened a new venture, Counterfactual, a consulting and advocacy practice focussed on a pragmatic approach to sustainable development, energy policy and public health.



Dr Kgosi Letlape is an ophthalmologist and health care leader from South Africa. He is the current President of the Health Professions Council of South Africa (HPCSA).



DR KGOSI LETLAPE

Associate professor Richard van Zyl Smit is head of the lung Clinical Research Unit at the University of Cape Town Lung Institute and a consulting pulmonologist at Groote Schuur Hospital.



PROFESSOR RICHARD VAN ZYL SMIT



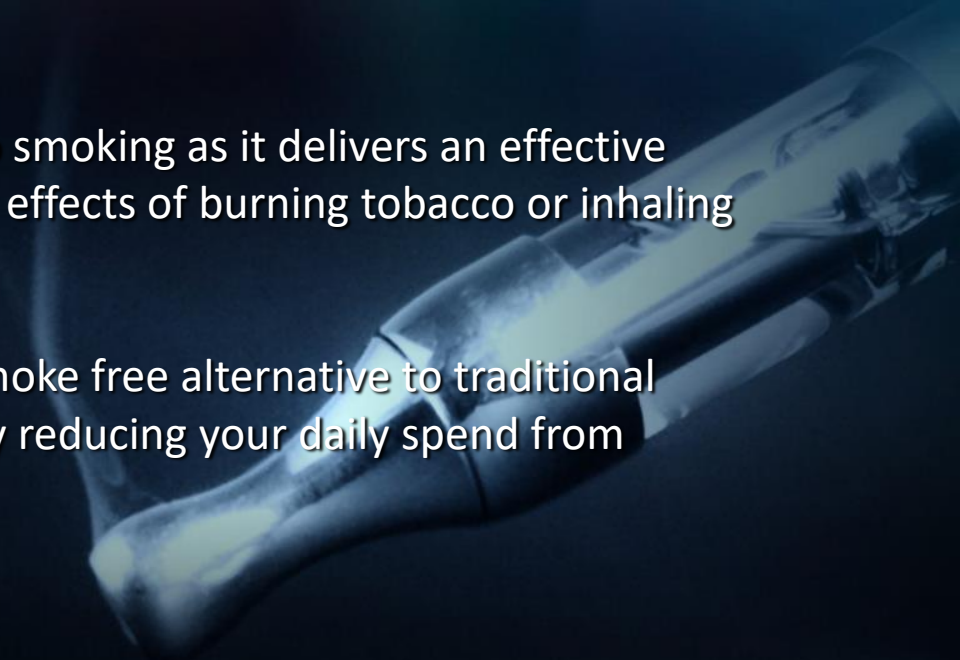
Professor Richard van Zyl Smit
MBChB, MRCP(UK), Dip HIV(Man), MMED, FCP(SA), Cert. Pulm(SA), PhD



IS VAPING SAFE?

VAPING IS NOT SMOKING

- Burning of tobacco creates thousands of chemicals with much higher risk of cancer and other diseases.
- Vaping provides a safer alternative to smoking as it delivers an effective dose of nicotine without the adverse effects of burning tobacco or inhaling smoke.
- As such vaping provides a tobacco smoke free alternative to traditional cigarette smoking whilst considerably reducing your daily spend from smoking.



VAPING IS 95% SAFER THAN CIGARETTES

- A 2015 evidence review carried out by Public Health England found e-cigarettes to be 95% less harmful than tobacco



Public Health England



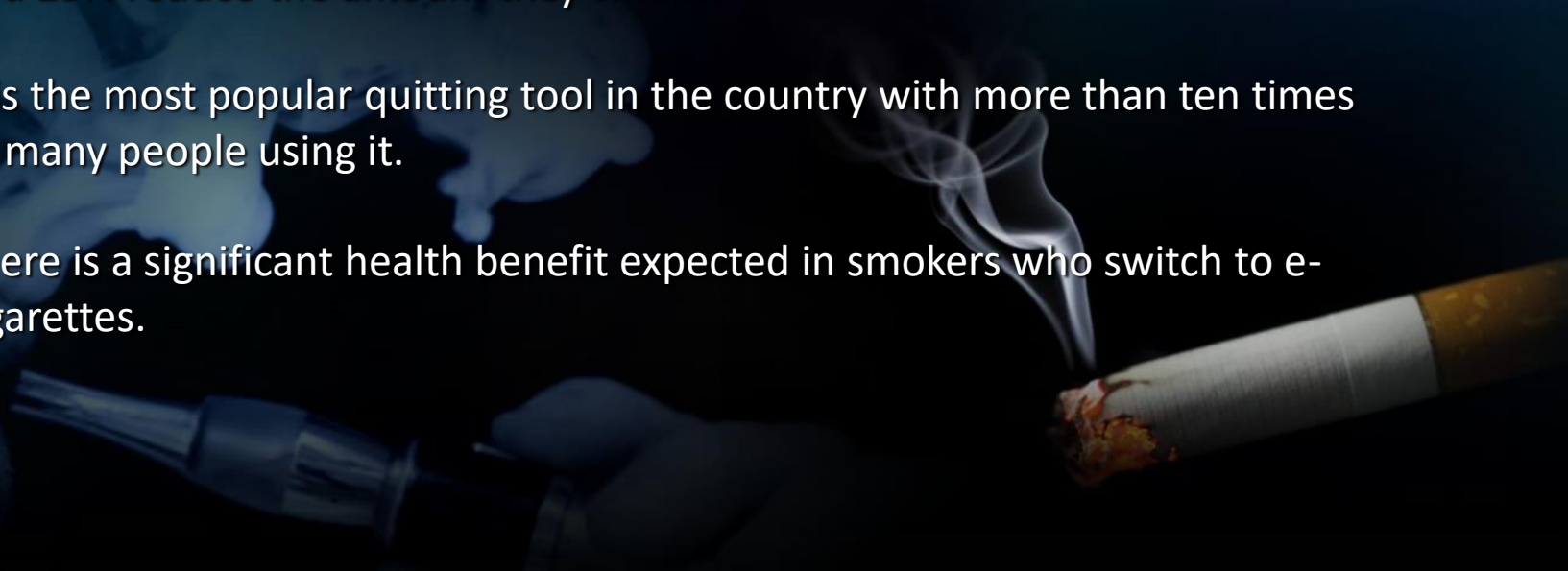
VAPING AEROSOL DOES NOT HARM LIKE CIGARETTE SMOKE

- Of the three main causes of mortality from smoking, lung cancer arises primarily from direct exposure of the lungs to carcinogens in tobacco smoke
- Nicotine is delivered effectively and acceptably to smokers without smoke. Most of the harm of smoking could probably be avoided.
- There is no evidence of harm to bystanders from exposure to e-cigarette vapour and the risks to their health are likely to be extremely low.



VAPING IS MORE EFFECTIVE IN HELPING PEOPLE QUIT SMOKING

- E-cigarettes have the potential to help smokers quit smoking
- 38% of users claim that e-cigarettes helped them to stop smoking entirely and 25% reduce the amount they smoke.
- It is the most popular quitting tool in the country with more than ten times as many people using it.
- There is a significant health benefit expected in smokers who switch to e-cigarettes.





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