## Tobacco Harm Reduction Submission 1

I was a smoker for 33 years, I started when I was 12 years old. I found vaping and since the day I started i have not wanted a cigarette.

Vaping saved my life, I have tried everything to stop smoking. I have worked with my GP, they gave me scripts for nicotine patches, i tried gum, champix, hypnotherapy, cold Turkey, and none of them worked.

Vaping nicotine helped because it felt like i was smoking and the vaper tastes nice unlike cigarettes, but without the thousands of chemicals that we all know kill 21,000 Australian's a year.

How is it 12 year olds can go to the supermarket and pick up NRT products. These NRT products have flavors 's with bright colourful packaging that are and child hight on the shelves. People can go to every corner shop, supermarket, service station and buy cigarettes without issue, but you want vaper's to get a prescription. We are people trying to quit smoking, we are not sick, we don't need doctors to manage us.

This prescription model will send 100,000 + people back to smoking combustible cigarettes . The TGA and politicians have a duty of care, you all know the dangers of smoking combustible cigarettes.

We need regulations that help small businesses who know what they are doing, we should be able to go to a brick and mortar vape shop who sell low dose nicotine e' liquid with the device that suits the consumer to quit smoking.

If you can get cigarettes and NRT products in any shop in every suburb we should be able to get nicotine vape products without a prescription.

The prescription model cant work without all GPs being able and willing to prescribe nicotine.

Let's work together with industry to come to a working model like they have in the UK and NZ for a healthier Australia .