

Select Committee on Tobacco Harm Reduction,  
PO Box 6100,  
Parliament House,  
Canberra ACT 2600

To whom it may concern,

Hi, My name is . I am 28 years old and live in Perth  
Western Australia.

I have been a smoker for 10 years, I started at the age of 18. I was a packet a day smoker. Due to government tax increases over the years smoking became an increasingly difficult habit to maintain.

When I was a smoker I suffered from a whole range of issues, increased respiratory issues, difficulty breathing, shortness of breath and increased anxiety.

I have attempted to quit in the following ways:

- Nicorette inhalers - 1 month (After 1 month of use i was still left craving cigarettes)
- Nicorette gum - 1 month (After 1 month of use i was still left craving cigarettes)
- Champex - 8 days (Champex left me feeling depressed and suicidal and i had to be hospitalised for several weeks. I had to cease use of tablets)

In comparison, I started vaping nicotine on December 12th, 2019 within 2 days I had stopped smoking cigarettes and within a week I physically couldn't smoke one as it made me feel sick.

Since taking up vaping I have almost all issues I had when smoking declined. I was not short of breath any more, I felt like I had more energy and my anxiety lessened. Money was a big one, I ended up saving upwards of \$200+ dollars a month.

Also, I have had family members and friends all comment on decrease of coughing and lackness of breath as well as being thankful of not having to

inhale second hand smoke and smell me from meters away.

My recommendation regarding tobacco harm reduction is to go in a similar direction of New Zealand's new laws:

- Ban the sale of vaping products to those under the age of 18
- Prohibit advertising the products and encouraging people to buy them in-store
- Limit the sale of all flavours to vape stores, including online retailers, with shops like dairies (general stores), supermarkets and petrol stations restricted to mint, menthol and tobacco.
- Ban vaping in cars with children.
- Enable all retailers to display products in-store
- Provide a framework for regulations to be set where people are allowed to vape in or outside premises
- Introduce a safety system which would allow the Ministry of Health to recall products, suspend them and issue warnings

As an ex-smoker I have found access to e-cigarette/nicotine vaping products under Australia's current regulatory framework is extremely difficult and under the proposed framework unworkable for the following reasons: These new laws will make it near impossible to continue vaping nicotine and will most likely lead me to go back to smoking.

Thank you for taking the time to read my letter.

Sincerely,