

What we think about:

E-cigarettes

Rebuilding lives after stroke

Stroke
Association

In recent years, e-cigarettes have become popular with people looking to stop or cut down on their smoking. However, many people are concerned about the use of e-cigarettes and their impact on health.

An electronic cigarette (e-cigarette, also sometimes referred to as a vapouriser or vape) is a device that allows you to inhale nicotine in a vapour rather than smoke. E-cigarettes don't burn tobacco and don't produce tar or carbon monoxide – two of the most damaging elements in tobacco smoke. Around three million adults across the country currently use e-cigarettes and of these, half have completely stopped smoking.¹

There are strong links between smoking and increased risk of stroke. For example, smokers are more likely to develop high blood pressure, which is a major risk factor for stroke. Also, smoking nearly doubles your risk of having an ischaemic (caused by a blood clot in the brain) stroke.²

Current evidence shows that the risk to health posed by e-cigarettes in the short-term is likely to be considerably less compared to conventional smoking. According to an independent evidence review by Public Health

England (PHE) in 2018, e-cigarettes are 95% less harmful to health than normal cigarettes, and when supported by a smoking cessation service, help most smokers to quit tobacco altogether.³

However, given that the use of e-cigarettes is still relatively new, more research is needed to show the long term impact of e-cigarettes on health

We support the view of Public Health England and other UK public health organisations that smokers should strongly consider the use of e-cigarettes alongside other methods to stop smoking.⁴ However, given the unknown long-term health impacts of e-cigarette use, we believe they should only be used by smokers as a route towards stopping smoking completely and we would not recommend their use by non-smokers or those under 18.

References

1. <https://www.nhs.uk/smokefree/help-and-advice/e-cigarettes>
2. Stroke Association. (2017). Smoking and the risk of stroke. Available at: https://www.stroke.org.uk/sites/default/files/smoking_and_the_risk_of_stroke.pdf
3. McNeill, A., Brose, L.S., Calder, R., Bauld. L & Robson, D. (2018). Evidence review of e-cigarettes and heated tobacco products. London: Public Health England.
4. Public Health England. (2016). E-cigarettes: a developing public health consensus – Joint statement on e-cigarettes by Public Health England and other UK public health organisations. Available at: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/534708/E-cigarettes_joint_consensus_statement_2016.pdf

When stroke strikes, part of your brain shuts down. And so does a part of you. Life changes instantly and recovery is tough. But the brain can adapt. Our specialist support, research and campaigning are only possible with the courage and determination of the stroke community. With more donations and support from you, we can rebuild even more lives.

Donate or find out more at **stroke.org.uk**

Contact us

We're here for you. Contact us for expert information and support by phone, email and online.

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