

7 tips to lower your risk when using nicotine

Nicotine is addictive. How addicted you become determines how difficult it will be for you to stop. The products you use and the way you use them make a difference. Cigarettes are the most addictive while Nicotine Replacement Therapy is the least. The only way to completely avoid health risks is by not using nicotine at all. We always recommend that you try to fully quit any nicotine product. If you do decide to use nicotine, follow the tips below to help lower the risks to your health. You can also speak with a knowledgeable health care provider about your options.

Cut back on your nicotine use.

Limit the number of time(s) you use any nicotine product. Try to use less than daily. If using daily, try not to use more than once every 3 - 4 hours.



Switch completely from smoking to e-cigarettes.

Using both tobacco and e-cigarettes, i.e. "dual use", increases your exposure to harmful chemicals. If you are going to use nicotine, switch completely from cigarettes to e-cigarettes to reduce your exposure and increase your chances of staying cigarette-free.



Learn to manage your cravings.

Cravings happen – but they will pass! Try things like taking a walk, chewing sugar-free gum, or doing breathing exercises until you find what works best for you.



If you are vaping, choose e-cigarette cartridges with less nicotine.

Choose products that have lower levels of nicotine. Products with more nicotine increase your risk of addiction. Purchase cartridges with the lowest amount of nicotine available.



Use Nicotine Replacement Therapy (NRT) to help you stop using other nicotine products.

NRT products are the safest way to use nicotine. They can help you manage your nicotine cravings while you are trying to quit other nicotine products. NRT products include the patch, gum, lozenge, oral mist, and inhaler. These are not associated with the negative health effects such as cancers, lung or heart disease, which are caused by cigarettes and other forms of tobacco.



If you are vaping, only use vaping devices that have been authorized for sale in Canada, and do not make changes to the product.

Do not buy or use products such as vaping devices, or e-cigarette cartridges, from illegal or unregulated sources. These are not subject to product safety controls or oversights. Do not modify vaping products or add any substances that are not intended by the manufacturer, particularly THC oil, which can cause serious lung damage. For electronic devices, follow the manufacturer instructions for use and battery charging.



Make the switch to nicotine products that do not burn, or that do not contain tobacco.

Using tobacco in forms that don't burn, like smokeless tobacco or heat-not-burn products, will reduce your exposure to harmful combusted chemicals, including carbon monoxide. Further reduce your risk by switching to products that don't have tobacco like NRT or e-cigarettes.



	Cigarettes	Waterpipe	Smokeless tobacco	Heat-not-burn (HNB)	E-cigarettes/vaping	Nicotine Replacement Therapy
How it enters the body:	Smoke	Smoke	Chew or snuff	Aerosol	Aerosol	Mouth or skin
What's in it:						
Tobacco	Y	Y	Y	Y	N	N
Nicotine	Y	Y	Y	Y	Y	Y
Does it increase risk or risk factors for...?						
Addiction	Y	Y	Y	Y	Y	N*
Respiratory illness	Y	Y	N	?	Y	N
Cancer	Y	Y	Y	?	?	N
Cardiovascular disease	Y	Y	?	?	Y	N
Reproductive health	Y	Y	?	?	?	?**

*NRT patches are not addictive. However, some patients might experience symptoms of addiction to short acting NRT.

**Safer than smoking and use under the guidance of a healthcare professional.

For more information on the creation of this document and the scientific literature it's based on, visit the **Executive Summary**.