Vaping: The Expert Opinions

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Fear mongering is a strategy that is used when organizations drum up fear-inducing topics and information to promote an idea or a goal to persuade people. It is a tactic used to create fear and doubt in the public's eye. It is used to popularize a negative image, and spread it to the public. One such argument is one that is gaining traction, and being used to demonize electronic cigarettes. One side of the fence supports the belief that vaping is a better/healthier alternative to smoking. We can assume that everyone would be on the right side, but that is not true.

The science behind the electronic cigarette seems pretty straightforward, but there are always going to be those that are skeptical and/or misinformed. It is our job as the vape community to educate and advocate for something as substantial as this. The health professionals in this article believe that vaping can be a successful choice for smoking cessation. Scientists, and politicians also support these findings. We believe it is our responsibility to not only get information out to the public, but the right information, so we are going to provide examples of health professionals supporting our side of the argument.

“How many premature deaths have been averted by e-cigarettes already?”

-Carl V. Phillips

http://ep-ology.com/2014/12/31/how-many-premature-deaths-have-been-averted-by-e-cigarettes-already/

This article by Carl V. Phillips outlines the most important factor on our side. The fact that we have, as an industry, prevented plenty of deaths associated with traditional smoking, is amazing. Using the link, you will be re-directed to the full article. The estimation Carl gives us is eye-opening. If you open the link to the spreadsheet he uses for calculations, it is incredible.

“Adding up the resulting avoided deaths through 2014Q4 gives approximately 16,000 premature deaths already avoided, 13,000 from CVD (Cardiovascular Disease) and 3,000 from other causes. About half of these would have occurred in the last 20 months.”

“In addition, another 15,000 smoking-caused premature deaths have already been averted but would not have occurred yet.”

The article is backed up by credible sources as well as his own expert opinion and estimations. Now, this is not an article backing up all the health benefits of vaping. There is no proof of that within the article; there is only pure calculable data. But there is no denying that this is a credible source of data that
Very few academics have been able to give us.

Professor Peter Hajek - Experts on Camera
https://www.youtube.com/watch?feature=youtu.be&v=SVS0_BOHfJfM&amp;app=desktop

This video found on YouTube is brought to us by “Experts on Camera,” hosted by Queen Mary University in London, UK. It is a lecture series to promote the university, but it also addresses current topics. Professor Peter Hajek is a professor and academic on the world topic of understanding the psychology of health behaviors. He has been funded by organizations to understand the health behavior and effects of electronic cigarettes. In this video, he discusses his own findings that e-cigarettes and other vapor products have very limited health issues.

“Nicotine is no different than coffee.”

He understands the issues surrounding the industry, and has proved to be a legitimate academic on the subject. He supports the use of vapor products to help satisfy the nicotine craving without smoking conventional cigarettes, and thus avoiding the harm that comes with it. He has made his findings and opinions public with the use of this video, but will continue to do so later this year as a spokesperson at The E-Cigarette Summit in London.

“Public health experts talking sense about e-cigarettes and vaping”
http://www.clivebites.com/?p=2908#more-2908

This group of videos is a collection of European professionals and academics that state their own point based on studies (mostly done via surveys) through the years that support the use of electronic cigarettes as a form of smoking cessation. They also bring up current subjects such as banning use of vapor products in public and other legislative issues. They definitely bring legitimate arguments to the table.

Additional quotes from sourced journal articles:

“Smokers smoke predominately for nicotine, that nicotine itself is not especially hazardous, and that if nicotine could be provided in a form that is acceptable and effective as a cigarette substitute, millions of lives could be saved.”

-The Royal College of Physicians of London

“People attempting to quit smoking without professional help are approximately 60% more likely to report succeeding if they use e-cigarettes than if they use willpower alone or over the counter replacement therapies.” Real world effectiveness of e-cigarettes when used to aid smoking cessation Addiction May 2014

All of these public figures and academics are very well-educated and well-respected in their countries of origin. Some of them will be speaking at the 3rd Annual E-Cigarette Summit being held in London, which will be taking place in November 2015. Continuing their research, it will be interesting to see what