

YOU'VE HEARD IT ALL...

THE PROS
THE CONS

IT'S WORTH IT
IT'S NOT WORTH IT

Why not take the opportunity to discuss it with the ICM tobacco treatment specialist who will come meet you during your hospitalization.

Phone 514.376.3330 #2297

HOW TO DECIDE

Vaping reducing the harmful effects of tobacco smoking

Optimal risk reduction can **only be achieved by completely stopping smoking**

Go to the vape shop, where **experts will guide you** in your selection of products and how to use them.

WHAT ABOUT YOUR VAPE SHOP?

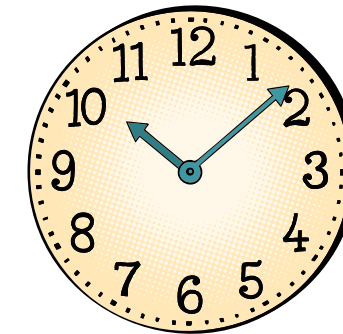
How do you know if it offers quality liquids?

Are the liquids manufactured in an **ISO 9001 laboratory?**



REFERENCES & RESOURCES

An expert report published in 2015 and reapproved in 2018 by the UK health department (Public Health England) strongly recommends the use of e-cigarettes to reduce risks and stop smoking. It clearly shows that e-cigarettes are 95% less dangerous than tobacco cigarettes
Mc Neil A, Hajek P. et al. E-cigarettes: an evidence update
A report commissioned by Public Health England 2015



TIME TO
QUIT SMOKING
TODAY

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