

Tips to lower your risk when using nicotine



Cut back on your nicotine use



Know your cravings



**Avoid products that burn
or contain tobacco**



Avoid “dual use”



**Avoid using vaping products from
illegal or unregulated sources and do
not make changes to the product**



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



Where can I get help?

For more
information



	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	Yes	Yes	Yes	Yes	No	No
Nicotine	Yes	Yes	Yes	Yes	Yes	Yes
Does it increase risk or risk factors for...?						
Addiction	Yes	Yes	Yes	Yes	Yes	No*
Respiratory illness	Yes	Yes	No	???	Yes	No
Cancer	Yes	Yes	Yes	???	???	No
Cardiovascular disease	Yes	Yes	???	???	Yes	No
Reproductive health	Yes	Yes	???	???	???	??？**

??? = not enough evidence

* 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.

Adapted from the Lower Risk Nicotine Use Guidelines, copyright 2020 by the Centre for Addiction and Mental Health, 2020.

[nicotinedependenceclinic.com/en/lower-risk-nicotine-user-guidelin-es](https://www.nicotinedependenceclinic.com/en/lower-risk-nicotine-user-guidelin-es)