

Jenny Donovan,

Please vote NO on HB 4115 because it would ban smoke-free e-cigarette use wherever smoking is prohibited. Smoking bans are enacted to protect the public from the harm of secondhand smoke, but e-cigarettes have not been shown to cause harm to bystanders. In fact, all evidence to date shows that the low health risks associated with e-cigarettes are comparable to other smokeless nicotine products.

Research studies you may be interested in if you accept science over ideology.

<http://www.biomedcentral.com/1471-2458/14/18/abstract>

http://www.casaa.org/Clinical_Research.html

The point I am trying to make is we should not treat e-cigs or e-cig users in the same manner as tobacco smokers. This may very well stop many smokers from ever trying to quit, period. I know as a former smoker how hard it was to get off those nasty cancer sticks. We should be promoting products that actually work rather than banning their use for goodness sake! This is especially true when the research studies show favorable results for public health.

My Story,

In August of 2010 I decided to try and quit smoking once again. I had tried to quit countless times in the past 38 years, only to eventually go back to that terrible habit. I had tried all the NRT products over the years as well as prescriptions from my Doctor. Nothing ever overcame the incredible urge to smoke and always after a short period of time I found myself smoking again.

Even with all these failed attempts I still wanted to free myself from the smoking addiction. I decided in August 2010 to try a new approach, a harm reduction strategy. Something that simulated my habit and that gave me the nicotine in a less harmful way. The NRT products that I used in the past gave me the nicotine but did not satisfy the other part of the addiction, the feel of inhaling and the act of doing something using my hands.

So in August while researching online I read about a fairly new product, the electronic cigarette. I read a few studies that were done back then and felt it was worth a try. I bought my first Veppo cigar and tried it on my birthday. It did not taste

anything like a cigar, however it did give me a slight sensation of smoking. This made me think, what else is out there and is there anything better? If so I might be able switch rather than just quit. I figured it could not be worse than the tobacco I had been smoking for the past 38 years.

After about a month of research and talking with other people online about the e-cig I bought two personal vaporizers, a box of cartomizers and some e-liquid 24mg strength. I was absolutely shocked at how well they satisfied my desire to smoke.

On October 3rd 2010 I threw my tobacco in the trash, the same day I started to vape my new electronic cigarette. I have never smoked tobacco since that day and what is amazing about this is I have never had the craving or desire to smoke tobacco since I switched to the electronic cigarette. I know others say it was not that easy for them, but fortunately it was for me!

I think this product has added many years to my life that I would not have had if I continued to smoke tobacco. It is now almost three years later and I ride my bicycle and hike the mountains around my home, which I could not do before I made the switch. Others tell me that I no longer smell like an ashtray, which makes us all happy campers.

Thank God for the electronic cigarette because without it I would still be smoking those filthy cigarettes.

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