

My name is Marsha Kaczmarek and I was a smoker of tobacco cigarettes for almost 30 years. As a result of this I suffered severe Chronic Bronchitis and allergies constantly. I also was a sufferer of sleep apnea as a result of my tobacco usage. On March 24, 2014 I found the e-cigarette and have not had a tobacco cigarette since. Along with not having used tobacco since then I no longer suffer from bronchitis, allergies or sleep apnea. On the contrary, I sleep better, have more energy and feel alive again, as I should at only 44 years of age. Might I add, I am a health care professional also and I know the extreme risks of using tobacco, I lost my grandfather from lung cancer due to his use of cigarette tobacco and also that no studies have shown any risks even closely related to tobacco cigarettes as a result of the use of an e-cigarette or the e-liquids used in them.

Addiction is addiction no matter how it is looked at but if I can get my nicotine through this method, with minimal ingredients, as compared to tobacco which contains over 4,000 different chemicals and at least 50 are known carcinogens along with many being poisonous, I will be better off. Cigarettes are one of few products which can be sold legally which can harm and even kill you over time if used as intended. Consider the thousands of Canadians that suffer food addiction, what is the result of that? A huge increase on the healthcare system due to Diabetes, predominately Type 2, heart disease, high blood pressure, gall stone issues and infertility, to name a few. Consider the thousands of Canadians addicted to alcohol, the result of that is not only undue stress to the healthcare system due to liver disease treatment but also the countless lives lost as a result of impaired driving. If this bill is put into place this will force people back to tobacco cigarettes and it will cause undue strain and financial burden to our health care system in the future as we will all be seeking treatment for "Tobacco-related diseases, including lung disease, heart disease, stroke and cancer, which are all illnesses caused by tobacco use, the leading preventable cause of death."

Were you aware that the legally sold Nicorette Gum contains the following ingredients: xylitol, sodium carbonate anhydrous, magnesium oxide, sodium hydrogen carbonate, quinolone Yellow Al-lake E104, nicotine, gum base, menthol flavor, peppermint oil and sodium bicarbonate? That is 10 ingredients including the yellow food coloring.

Nicorette Quickmist which is also legally sold and attainable by people as young as 14 years of age contains: propylene glycol, anhydrous ethanol, trometamol, poloxamer 407, glycerol, sodium hydrogen, levomenthol, mint flavour, cooling flavour, sucralose, acesulfame potassium, hydrochloric acid, purified water and nicotine.

What exactly is cooling flavour? Where does it come from and is it even a "real" ingredient? I will save the counting here, that is 14 ingredients.

Electronic cigarette liquids contain propylene glycol that is also found in asthma inhalers, toothpaste, beer, salad dressing, baking mixtures;

vegetable glycerin which is found in milk, yogurt, eggnog, beer, wine, mustard, pasta and cereal;

flavoring which is used in cooking and also flavouring foods that we eat on a daily basis; and,

nicotine which can also be found in your foods such as tomatoes, cauliflower, potatoes, green peppers and tea.

All of these ingredients we consume on a daily basis in our foods and beverages so how are they also classified as tobacco as Mr. Glavine has indicated? Do you consider your spaghetti with tomato sauce, your salad with dressing, the cake for dessert and glass of wine tobacco? I didn't think so.

I am going to just throw something out there...how many of you are parents of young children? How many of you have had to give your child oral liquid medicine because of an illness? Have you ever gone to Lawton's Drug to have that prescription filled because they can add flavoring to make it taste better? What is in that authorized and legal flavoring? How many of you drink flavored water, how many of you eat Knorr Sidedishes, chew gum, eat Quaker oatmeal for breakfast? Well, the flavoring used in all of these is somewhat questionable. The flavoring used in the liquid for e-cigarettes is food grade flavoring that can be purchased in the grocery and bulk food stores to enhance your cooking.

I also recall Christopher D'Entremont addressed the bill amendments indicating that "I have to have a regular regime of puffers", which funny enough contains the very same propylene glycol as the e-liquids used in these devices which in turn would indicate that he too is a partial user of e-cigarettes.

If you do real research you will find most if not all vendors are ex-smokers, not the Tobacco Industry and have already banned minors from their shops while groups like yours played politics.

If you are truly concerned, you will introduce a separate bill dealing with e-cigarettes as an anti-smoking device. You will regulate where people can use them, the age of the people using them, how they are labeled and where they are produced. You will require the liquids that are being sold in reputable shops to be tested regularly to ensure the safe levels of substances in the liquids meet industry standards for Canada. May I please remind you again, this is not tobacco!

Mr. Glavine, stated "The industry's fraud, conceit and conspiracy led to addiction and illness among our citizens", this was his reference to the tobacco industry. Yet if Bill 60 is passed Mr. Glavine and this government will be pushing the citizens of Nova Scotia right back into the welcoming arms of the tobacco industry that he considers fraudulent, conceited and having conspiracy which led us all to the addiction and illness caused from the usage of tobacco cigarettes.

You, as a government, will be held accountable for even proposing this. Every smoker and bystander that enters your public health system for tobacco leaf use is another strike against you for doing this and it will live in the records if it passes. The government is the problem with public health in our province. Every smoker or those around smokers that had a choice to reduce their harm, you have just proposed to cut the legs out from under them. How much was tobacco tax revenue in our province last year? It is evident that this is simply showing the government perhaps is in bed with the big tobacco companies in pushing us back to them so that the millions of tax dollars are not lost by the province and the nation. This is not acceptable! This must be stopped. E-cigarettes are not tobacco.

E-cigarettes are the only thing that has worked for a countless amount of people with replacement of cigarettes, myself and my husband included. The gums and mists contain high numbers of questionable ingredients and the pills have suicidal and other various negative effects. The patches just make you have an increase of nicotine intake. Laser and hypnosis treatments are unproven treatments that only exist to take money from people. Cold turkey is not effective for everyone and typically leads back to smoking. E-cigarettes are a safer alternative and are not tobacco.

A proposal banning flavored nicotine liquids and flavorings said to be “kid-friendly” for e-cigarettes and related vapor products is absolutely not acceptable. This will encourage our youth to once again seek out alternative options of cigarettes, which is the government’s primary concern it would seem. The enactment of such a ban will have the effect of keeping smokers smoking and encouraging those who have quit to return to deadly cigarettes, while also harming Nova Scotia's economy. Is the goal also not to strengthen our economy and keep our small businesses here to help the province thrive?

I would be very interested to learn of the scientific evidence that makes such an equation possible. Vaping is the antithesis of smoking, and in my experience the personal vaporizers may do more to promote a smoke-free culture than any other measure. In fact, if they are allowed to do so, they might well support Health and Wellness Minister Leo Glavine in his statement " ... the province has worked hard to shift from a smoking culture toward a smoke-free culture one and does not want to lose ground."

When you think of smoking, you think of lung cancer. In fact, cigarette smoking is the leading cause of cancer above all others. Lung cancer alone kills more people every year than all other types of cancer combined. Cigarettes undeniably play a big part in it. But what makes cigarettes so deadly? Could it be the nicotine?

The fact that nicotine is addictive does not make it a carcinogen. To date, no sound scientific research has been able to find that nicotine causes lung cancer or any other cancer. Furthermore, research has shown that nicotine by itself is not all that addictive. When people switch to nicotine gum and patches that only deliver nicotine, they find that nicotine dependency is far easier to wane than the cigarettes themselves.

So what is in cigarettes actually causes lung cancer? It is simply... the smoke. When tobacco leaves burn, they generate carbon monoxide, tar, free radicals, and other chemicals. When inhaled, these chemicals irritate your lung tissue and cause cell damage. Not only does this make the tissue more susceptible to infections, the damaged cells may develop into cancerous tumors.

So does nicotine cause lung cancer? No. The fact that nicotine gum and patches exist as over the counter supplements is solid evidence. If nicotine was a carcinogen, the FDA would simply pull it off the shelves, including cigarettes being made illegal for sale. After all, why would you quit smoking with the substance that causes problems in the first place? Contrary to the popular belief, it is actually the rest of the chemicals in smoke that cause cancer. Interestingly, the big and rich tobacco companies still manage to allow consumers to play Russian roulette with their lives, one pack at a time.

Tobacco, by its very definition is: a plant that produces leaves which are smoked in cigarettes and pipes; the leaves of the tobacco plant used for smoking or chewing; products (such as cigars or cigarettes) that are made from tobacco

Smoking is the inhalation of the smoke of burning tobacco encased in cigarettes, pipes, and cigars. Many health experts now regard habitual smoking as a psychological addiction, too, and one with serious health consequences.

Vaping is defined as the process by which one inhales vapour from a personal vaporiser, or e-cigarette. By no means does vaping fall into the same category as tobacco or smoking as it is not tobacco. You must consider this when looking at Bill 60. In no way are e-cigarettes or the liquid used in them the same as tobacco or smoking and cannot be legally classified under as tobacco as there is not tobacco in them.

You will be effectively killing thousands of people by banning such liquids in turn forcing them back to tobacco cigarettes and that, you will have to live with, ultimately issuing residents of Nova Scotia a death sentence.

Take heed of what people are telling you, you are making a very big mistake if you think these recommendations are good. Yes, get rid of the imitation cigarettes that contain no nicotine that are over the counter at gas stations and convenient stores because you think they encourage the youth - by all means because real vapers that have quit smoking do not use those anyway and probably never did. We do not dispute that some regulations are needed, but try working with us not against us and listen to the people that have researched and benefited from personal vaporizers not to the fear mongers that do not have a clue what they are talking about!!!! Stop being revenue greedy and try being health conscious for the people that put you in the position you are in.

You were put there by the people, for the people, it is time for you to stand up for us as you all promised in your election campaigns. Speak up and support the thousands of Nova Scotia residents that use these products to stop smoking tobacco cigarettes and are in fact will reduce the strain placed on the government financially and also the health care system that is already struggling with our aging population.

Please be reminded that you the government, by voting to accept Bill 60, will be infringing on my, and all vaper's, rights under Section 7 of the Canadian Charter of Rights and Freedom which states:

Section 7 of the Canadian Charter of Rights and Freedoms is a constitutional provision that protects an individual's autonomy and personal legal rights from actions of the government in Canada. There are three types of protection within the section, namely the right to life, liberty, and security of the person.

The wording of section 7 says that it applies to "everyone". This includes all people within Canada including non-citizens.

Section 7 rights can also be violated by the conduct of a party other than a Canadian government body. The government need only be a participant or complicit in the conduct threatening the right, where the violation must be a reasonably foreseeable consequence of the government actions.

The right to liberty, which protects an individual's freedom to act without physical restraint. However, the right has been extended to include the power to make important personal choices. The court described it as "the core of what it means to be an autonomous human being blessed with dignity and independence in matters that can be characterized as fundamentally or inherently personal." (R. v. Clay, 2003) That is, the concept extends beyond physical restraint by the government as it goes to the core of the human experience.

There is the right to security of the person, which consists of rights to privacy of the body and its health and of the right protecting the "psychological integrity" of an individual. That is, the right protects against significant government-inflicted harm (stress) to the mental state of the individual.

Be aware, that if Bill 60 is in fact voted on by this government body, you will be significantly inflicting harm (stress) to the mental state as well as our rights to privacy of the body and its health, of many individuals!

I encourage you all to look at the links attached to this document, not just the documents that the health minister has provided to you. Fully review all of the facts before making a decision. You could potentially be saving thousands of lives if you also oppose sections of Bill 60 as I have mentioned earlier.

My name is Marsha Kaczmarek from Belmont, Nova Scotia and I am opposed to Bill 60!

Lawtons

DRUGS

FLAVORx & Kids

Back in your grandmother's day, there was a common belief that the worse a medicine tasted, the better it worked. Today, we know that simply isn't true. In fact, the worse a medicine tastes, the harder it is to get kids to take it. And if they don't take their medicine, it won't work at all. So, you try every way you can think of to get them to swallow the unpleasant preparations that will help them get better.

Over time, you may have tried pleading, threats, and even bribery. But no matter what you do or say, it's a battle to get your children to take some of the medicines your doctor prescribes for them. Your PROfile Pharmacist has the solution to your problem. We have a service available that can reduce the bitterness and improve the taste of medications. With the help of FLAVORx, getting your kids to take their medicine won't have to be a battle.

What is FLAVORx?

FLAVORx is a system that permits your PROfile Pharmacist to change the taste of a medication. This isn't as easy as it sounds, because not just any flavouring product can be used. Some flavouring agents can affect the medicine, changing the way it works in the body. The materials used in the FLAVORx system have been rigorously tested to ensure that they will not interact with the medicine, and yet will make the taste pleasing to children. Because not all kids like the same things, FLAVORx is available in a number of different flavours.

When children take their medicine on time, every time, it helps them get better faster. And that's good news for everyone.

If you are having trouble getting your children to take their medicine, ask your PROfile Pharmacist about the FLAVORx system.

Source: <https://www.lawtons.ca/pharmacy/health-help/health-column/january/flavorx-kids>



Product available to purchase by any person with no government restrictions. No age restrictions on many of the items. Are they considered tobacco or e-cigarettes?

INFORMATION & LINKS

E-cigarettes Myths Debunked

It's mind boggling that a device that has improved the lives of millions of people has been subject to so much misinformation and suspicion.

Or maybe it isn't so surprising. After all, e-cigarettes pose a threat to the status quo of the tobacco and pharmaceutical industry, plus government coffers.

The following are some of the more common myths and misinformation concerning electronic cigarettes

Myth: There hasn't been enough research done on ecigarettes

Plenty of research has been done; and plenty more is currently being undertaken.

Myth: Ecigs are a gateway to smoking

This has never been demonstrated to be a major issue in any study. Stating this is a little like saying eating pizza is a gateway to eating dog poop. Read more about the "gateway" myth.

Myth : There is no evidence ecigs help people give up smoking

Again, evidence shows otherwise. For example, results published in the American Journal of Preventative Medicine revealed 31.0% of respondents who used ecigs were still not smoking cigarettes after 6 months. Read more.

Myth: Ecigs cause cancer

There has been no scientific research published to back this. Electronic cigarette vapors contain only minute traces of carcinogenic materials (as do nicotine chewing gum and patches) and far fewer carcinogens than tobacco cigarettes. Nicotine is not a carcinogen.

Myth: Ecig glycerol causes lipoid pneumonia

This myth has surfaced a few times. However, the glycerol used in e liquids cannot cause lipoid pneumonia as it is not an oil. Glycerol is an alcohol (not the type that intoxicates), not a lipid. The UK government's Medicines and Healthcare Products Regulatory Agency (MHRA) stated in June 2013 it is not aware of any other cases of lipoid pneumonia associated with propylene glycol or glycerine products.

Myth : Vaping Normalises Smoking

How can it when it isn't smoking? There is no smoke. The vapor doesn't smell like smoke and increasingly, the devices have little resemblance to a cigarette; particularly 2nd and 3rd generation devices.

Myth: Ecigs have many side effects

Anything new introduced to the body has the potential to cause side effects or result in an allergic reaction. Bear in mind people have allergic reactions to all sorts of substances, including peanut butter. Also, some of the issues people experience when switching to e-cigarettes may be attributed to the body adjusting after ceasing smoking tobacco. Read more about vaping side effects.

Myth: Ecigs are illegal in <country>.

More often than not, this is rubbish. Electronic cigarettes are not illegal in Australia, Canada, the USA, UK and many other countries, assuming they are purchased by an adult. Where there can be some issues is in relation to selling or obtaining nicotine eliquids or devices containing nicotine.

Myth: Ecig liquids contain toxic anti-freeze

All sorts of substances are used for anti-freeze, including ethylene glycol; which is extremely toxic. However, this is not the substance used in eliquids. Liquids used in ecigs may contain propylene glycol; which is used in foods and medications and is generally recognised as safe (GRAS).

Myth: Ecigs damage lungs

This myth was triggered by the results of a report in 2012 based on a study where ecigs were found to cause increased airway resistance. The study was reportedly flawed and the media further amplified and exaggerated the findings, which Dr. Michael Siegel, a Professor in the Department of Community Health Sciences, Boston University School of Public Health has challenged.

Myth : Electronic cigarettes explosions are common

Good quality electronic cigarettes will not explode or catch fire, assuming the user follows the instructions related to charging. Good quality units are built in such a way to minimise risk of battery fire (venting) or explosion, even when misused.

The simple fact is that all lithium battery based devices have the potential to explode - and this includes cell phones.

Myth: Passive vaping is dangerous

Some claim nicotine and carcinogens can be inhaled by bystanders. Research published by Dr Murray Laugesen, New Zealand's most experienced researcher on smoking policy and cigarettes, states ecig vapor "does not contain any substance known to cause death, short or long term, in the quantities found."

Myth: Many teens are getting hooked on e-cigarettes

This myth was started based on a study of teenage ecigarette use. What those perpetuating this myth often fail to mention is the vast majority of the teens using ecigarettes were already smokers; i.e. they were "hooked" on tobacco first.

Myth: Ecigs Can Be Used For Marijuana

Anyone trying to use marijuana with an electronic cigarette designed for nicotine liquids will get a nasty surprise - they simply will not work.

Briefing On Ecigarettes For Policy Makers

<http://www.clivebates.com/?p=2300#more-2300>

A Longitudinal Study of Electronic Cigarette Use

<http://www.ncbi.nlm.nih.gov/pubmed/25301815>

Various Factors Influencing Ecigarette Nicotine Yield

<http://ntr.oxfordjournals.org/content/early/2014/09/03/ntr.ntu174.full.pdf+html>

Busting The Ecig 'Gateway' Myth

<http://www.informit.com.au/pages/ecigaretteuse.html>

Effectiveness Of Ecigs In Quitting Smoking

<http://onlinelibrary.wiley.com/enhanced/doi/10.1111/add.12623/>

Ecig Benefits Outweigh Potential Harm

<http://www.addictionjournal.org/press-releases/new-scientific-review-says-current-evidence-suggests-potential-benefits-of-e-cig>

Doctors Attitudes Towards Vaping

<http://www.plosone.org/article/info:doi/10.1371/journal.pone.0103462>

A Link To Multiple Studies and Evaluations Complete

<http://www.ecigalternative.com/ecigarette-studies-research.htm>