

NORWAY residents final comments to Nicotine Users Survey 2020

Do you have any additional remarks?

25 comments from Norway residents:

- This questionnaire is best suited for EU countries, so some questions are not entirely suitable for us who live in Norway / outside the EU. But TPD will eventually be implemented in Norway as well, so it will have an impact in the future. Matters that now differ from the EU are that snus is legal here, but not tobacco-free snus. Selling / buying nicotine for e-cigarettes is illegal, but we are allowed to import up to 100 mg / ml nicotine from the EU for personal use. We have no additional taxes on e-cigarettes and e-juice.

- Only snus 1 can per week. Before much more.

- No

- Let us, stop smoking tobacco and continue vaping.

- I am mixing my own e-juice

- Nei

- Snus should be available in all EU countries. It is proven to be much better than smoking. About the same risk as vaping, which is at least 95 percent safer than smoking. Nicotine e-liquid should be available in larger containers than 10ml! The amount of waste with the 10ml's doesn't outweigh the risks involved with larger containers.

- Snus is also available in Norway

- See last answer. ;)

- Electric cars have low to none taxing because of the good it does for the environment, e-cigarettes should have low to none tax since it helps people away from dangerous tobacco and cigarettes, it is helping to remove the dangerous substances in the stores. for my part e-cigarettes was the only thing that got me to stop smoking, and i got a much better health, better smelling senses, food tasted better.

- Snus er lovlig i Norge

- Informense mejor,el snus es legal y se vende en Noruega tambien.

- Champix: Livsfarlige bivirkninger Røyketyggis og snus: Kraftig langvarig hikke. Røykeplaster-minste styrke: Overdose nikotin. Føltet som inntak av alkohol. Turde ikke å kjøre bil. Damp: Det eneste som har hjulpet. Røykte i 47 år. Har dampet i 6 år. Har aldri tatt et drag av sigarett på 6 år. Hadde nok fortsatt vært røyker eller død hvis jeg ikke hadde klart å slutte å røyke pga damping. Har hjertesvikt og kols.

- Quite simply, vaping is the only significant step forward in tobacco harm reduction in my lifetime (I'm 54). I tried everything from nicotine patches to hypnosis to quit smoking without any effect, but vaping made it supremely easy. Not just in my case, I personally know of at least a dozen people with the exact same experience. As far as I'm concerned, the best thing ETHRA could do to limit tobacco-related harm would be to push for suppression of all the spurious "research" articles attempting to undermine vaping, mostly indirectly funded by the tobacco industry, and promote the distribution and circulation of *proper peer-reviewed research* into vaping. Not just among the general population, but also among politicians, since these often appear clueless as to what is and isn't good and proper research.

- No

- Please make this change. It is vital that more ppl know about vaping. dont make it more expensive to use a less harmful product, thats just dumb

- Vaping is the only viable quit smoking product atm, patches and other product's made by or for tobacco lobbyists are not an option.

- Vaping saves lives...

- Fui fumador de dos cajas diarias de Marlboro rojo, desde los 16 años. Hasta justamente el año pasado para esta fecha compré mi primer Pod para sales de nicotina, actualmente tengo 29 años y un año sin fumar. Gracias a eso rindo mejor a nivel deportivo, mi piel cambio, los sabores de la comida al igual que los olores volvieron y no huelo a cigarro. He bajado mi consumo de nicotina en estos años y pase de líquidos de 50mg de sales de nicotina a 3mg de nicotina en líquidos de base libre. Ahora soy menos dependiente de la nicotina. Por ahora mi vida ha cambiado, estoy en Venezuela terminando mis estudios para regresar a Noruega, aún no sé cuáles sean las políticas de cigarrillos electrónicos allá puesto que en el tiempo que dure allá aún fumaba y espero que aún pueda seguir vapeando al regresar. No se si vuelva a fumar en caso de que esté prohibido el vapeo, pero es una posibilidad. Me gusta que sea de sabores porque es más ameno la práctica, para nosotros los que hemos hecho el cambio como alternativa nos parece maravilloso porque no es algo fácil dejar el cigarrillo, el sabor ayuda un poco para que el cambio sea más fluido.

- Tras toda una vida como fumadora activa, y habiendo probado desde medicamentos a tratamientos alternativos, el vapeo salvó mi vida. Durante épocas vapeo sin nicotina, pero en momentos de estrés el vapeo con nicotina me salva de volver a fumar. Me siento mejor y soy feliz y si se restringiese aún más el acceso al vapeo, sería una de las que en un momento determinado podría fumar un cigarrillo y volver a pasar por todo el infierno del tabaco.

- Veldig bra spørreundersøkelse! :-)

- It's important that our politicians get that vaping (and snus) is way less harmful than smoking. All they do is think about tax incomes. Smoking is expensive today, so by keeping the price low on snus and vape, they would get many more to quit smoking and would see a large improval in the public health.

- People who vape will always get what they want, from the goverment or illegal methods. Vape changed my life! 25-30 cig a day, now I vape and I can breath again.

- You can get liquid all over the place, but the black market would take over and the market, and death tolls would start running wild!

- Å forby e-sig med smaksvarianter og tillate bare tobakks- og mentholsmak, er det samme som å ønske at folk må fortsette å røyke!! Ingen god logikk i dette!