

LITHUANIA residents final comments to Nicotine Users Survey 2020

Do you have any additional remarks?

15 comments from Lithuania residents:

- The EU ban of snus and the national ban of nasal snuff in the Baltics (Lithuania, Latvia and Estonia) is ridiculous. Due to local unavailability I turned to smoking (as a substitute for snus and snuff), which has affected my life in a negative way more than less harmful (in comparison to smoking) smokeless tobacco products, namely snus and snuff, would have done to it. I'm tired ordering snus and snuff online, it aggravates my life and international shipping of these smokeless products significantly adds to the total costs. Due to the current policies which deprived me of possibility to choose safer alternative to smoking, namely - snus and snuff, I was damaging my health with cigarettes for over 15 years. For the sake of harm reduction to society health, EU snus ban should be lifted!

- no

- No

- A sin tax on vaping products will only increase the demand for black/grey market products, which cannot be controlled. Maintaining high quality, over-the-counter products at competitive prices would limit risks associated with bad quality products that may be harmful.

- please keep the opportunity to vape flavored liquids

- The taxes on vaping (at least in Lithuania) are counted wrongly, one liter of liquid is compared to 1 kilogram of tobacco, which is unfair and over prices the liquids. The nicotine cap (20mg/ml) should stay in place, as a lot of people would use stronger liquids to feel the rush of nicotine and expose themselves into a potential overdose. I think flavour bans should be removed, you got to let people choose freely, the problem of kids and teenagers starting vaping should be solved another way, via education etc, it is not the fault of the flavours, rather it is more about the trend to vape and use strong nicotine salt liquids to feel the high or rush of nicotine. Liquids should pass exam centres in order to guarantee their quality, the database of liquids and their ingredients would help massively, vape shops should be checked for the quality and authenticity of the liquids and products that they sell

- When I started vaping, my lungs can breath again! Before I was like an old man, who can not run, breath and even stand more than 5 mins. Now I am always moving, because I can breathe. Vaping is like a hobby. I don not want to smoke again

- I appreciate the opportunity to have vaping products in my country. I used to smoke half a pack per day, now I vape daily and I feel improvement in my health, I still get satisfaction of nicotine and no bad smell, I only smoke about 3 cigarettes a year on rare occasions. If TDP regulations would be changed in favor of vaping products availability and prices I believe more people would switch to healthier alternatives.

- Need legalizes nicotine pouches as government lose money

- I was smoking ~20 years, with vape I quit smoking! Now ~2 years without cigarettes. Vape I started with 6mg, after 6 months 3mg, 1.5mg and later 0mg. Where was no big difference for me between 3mg and 0mg. So why do I need nicotine? Now vaping 0mg with many flavors, just because its nice to remember smoking. After 20 years smoking is not so easy to stop one day completely. I think vaping is much better

for my health. I no longer coughing, there is no bad smell and its MUCH cheaper. In month on cigaretes was ~80eur, now maybe 20-25eur. Its also good for my wallet ;)

- These are honest answers. Vaping has changed my life and habits, and importantly the lives of my family and friends for the better. Slowly but steadily I am limiting my vaping consumption to quit completely in the future, and it is in no-thanks to regular cigarettes.

- No

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- Ye

- Vaping is the future, don't ban it.