

From: [Cathy Kaiser](#)
To: [LRO](#)
Subject: HB2123, HB2159, HB2169
Date: Tuesday, April 9, 2019 7:53:16 PM

HB 2123, HB 2159, HB 2169

Hearing date: 04/10/19 and 4/11/19

Chair, Vice Chairs, and Committee Members

900 Court St. NE—HR A

Salem, Oregon 97301

My name is Cathy Kaiser. I am not a Vape Shop owner, nor do I work in one. I am just a 67yr. old regular Oregon Citizen that has been cigarette free for almost 5yrs. I would ask that you take my testimony seriously because at this time in my life, the subject of vaping and not smoking is the most important thing in my life. My vaping story is not a made up lie or a joke to me and it should not be one for you either.

When you read my vaping story in this testimony apply it to your own lives. I am sure many if not all of you, have had a family member, a friend, or know someone who either has lung cancer or other health issues who are going to most likely to be taken from this earth way to early, or have already died from smoking deadly cigarettes, as stated in other vape tax bills being put through the Legislative process again this secession, stating that the number one cause of deaths here in Oregon is Lung Cancer. There are many *pharmaceutical* choices to try to help smokers quit and if they succeed for some people I think it is wonderful, because any product that may help a smoker to possibility quit cigarettes is a plus in my book. Truth is they don't work for all people and vaping gives them another tool to use to try to quit. Vaping has been proven in peer reviewed studies which have proven to be a tremendously less harmful tool than smoking cigarettes. You should endorse any way to allow vapors any tool available that may help cigarette smokers, former cigarette smokers or smokers that want to try to quit smoking, by giving them as many choices that are available on the market today to try to help them to try to quit smoking and try to make them readily available, affordable, and not take another choice for Adults to make who want to try quit smoking.

I watched the resigning FDA commissioner, Dr. *Scott Gottlieb* on farewell departure question and answer segment broadcasted on TV last month. When asked about vaping he stated it has shown that it has helped adult vapors quit deadly combustible cigarettes and flavors was a very helpful tool also. He also stated that Nicotine alone **does not cause lung cancer**, it is the over 4000 chemicals in cigarettes that cause lung cancer and those 4000 chemicals are not found in e-liquids used in vaping with vaping devices. He also indorsed vaping for Adults as another much safer choice for them trying to quit smoking deadly cigarettes. He mentioned that the flavors in e-liquids are also important to vapers trying to quit cigarettes.

He also said he does not want the FDA to lose sight of letting adults to be able to have access to other Harm Reduction Alternatives to Adults, such as vaping that is much, much safer than cigarettes and where other products that may not have worked for them.

He talked about the issues with youth vaping and how it causes brain development with their brains.

I do not and never have endorsed youth smoking or vaping and just wanted to make that clear to you.

I am talking about these other items above because I don't think you realize how much your vaping bills could affect me and 1000's of other Oregonians. Truth of the matter is that when I see these bills going through the Legislature, no matter which session, it scares me to the hilt and right now I am extremely stressed out like you would not believe. These bills have caused me to go to my doctor and she ended up prescribing me temporary anxiety meds so all these vaping bills will stop consuming my whole life or even may cause me to have a heart attack. My doctor told me the part about the heart attack because she knows how much I get upset I get about things like this. She has also mentioned to me that she has many other patients that have quit smoking by vaping. Please note, that she does not tell her patients to start vaping but has seen so many that it has helped to get off of cigarettes. All the vaping bills that are going through are totally devastating to me. Being retired and on a fixed income, trying to improve my health any way I see fit is my choice not yours. My body belongs to me just as yours belongs to you and you have the choice to put in it whatever you want to because it is yours not mine. I am an Adult just like you and none of us should be told what we should or not should put in our own bodies. With that, I will now include my vape story so you can see how very important vaping means to my life and why it should not be taxed.

PERSONAL VAPING STORY of *Cathy Kaiser Salem, OR.*

I smoked cigarettes for 45 years. The date of my last cigarette is **10/7/2014**. At the age of 62 I was able to quit by switching to vaping E-Cigarettes. I have tried all the other quit smoking products available on the market for several years and none worked even though my heart was really into quitting. These have included the nicotine patches, the nicotine gum, and Chantix and the stick type E-Cigarettes sold at drug stores and gas stations made by Big Tobacco. If these items help people to quit smoking I am all for that. All these products were tried several times during my life but yet I always went back to smoking. I have even resorted to trying to quit cold turkey and cutting down on the number of cigarettes I smoked to no avail. Over two years ago I decided to try vaping with E-liquids in the newer devices (variable wattage batteries and open system tanks) they sell now. The very first day I tried this method I have not had a desire to smoke since and have not smoked since. In less than 2 years of the 4 years I have been cigarette free and started vaping, I have lowered the amount of nicotine I use in the e-liquid from 24mg to ZERO mg. You do not have that choice of lowering nicotine to ZERO smoking combustible cigarettes.

I watched my Dad die a horrible death a few years ago of lung cancer directly related to smoking and even that did not help me quit smoking in fact I smoked even more because I was so stressed out about his death. I watched my 65yr old brother, who was only 2 years older than me; die a horrible death from lung cancer directly related to smoking 3 years ago. I was already vaping when my brother died

and was extremely happy that I had found a 95% safer way to kick my cigarette habit with no withdrawals.

I hope I can live a longer life and be there for my daughter, two wonderful Grandsons, and also my friends.

I don't want to see others lose their friends, parents, siblings and others so important to them due to smoking deadly cigarettes. Vaping is proven to be at least 95% safer than cigarettes. I wish more people would read the proven peer reviewed studies which some of which included actual vapors and not just machines.

I feel so much better health wise and self image wise about not having to smoke anymore. My doctor is even on board with vaping and told me she has several other patients that have quit using the same method.

If parents keep smoking by not having another tool to possibly help them quit deadly cigarettes like I am so grateful to have found, their kids will be around second hand smoke and will no doubt have their parents, siblings or both taken from them way to early due to cancer as I did. I believe if parents smoke there is a huge chance one or more of their kids will smoke also. That is true with 2 out of 3 of my siblings. My only child also smokes just like myself and her dad did.

Thank you for reading my story of switching from cigarettes to vaping. You will never know how important this was for me.

Very Respectfully,

Cathy Kaiser, 205 Boone Rd SE Unit# 45 Salem, Oregon 97306

Email: cathymkaiser@yahoo.com