



## Is Vaping a good alternative to smoking?

Vapes, also known as e-cigarettes, are becoming increasingly popular in Australia particularly amongst young people. Opinions vary as to whether they're a safer alternative compared to traditional cigarettes.

Vaping is the use of an e-cigarette or vape which uses a battery powered device containing a liquid filled cartridge. The liquid is heated into an aerosol or vapour and inhaled into the user's lungs. Although vapes do not contain tobacco, many liquids still contain nicotine and other chemicals which can be toxic when inhaled.

When we think of long-term health effects, there are still a lot of unknowns. There is a small number of studies that suggest people who use e-cigarettes have an increased chance of heart attack, stroke and angina (chest pain from reduced blood flow to the heart). Vaping has been shown to increase blood pressure, heart rate and stiffness of the arteries. Some laboratory studies have also shown that vapours produced from e-cigarettes can damage DNA which is a pathway to developing cancer.

The Lung Foundation Australia reported that 100% of e-liquids (the liquid used in the vape) were inaccurately labelled. This means that users have no idea of the full extent of the chemicals that they are inhaling.

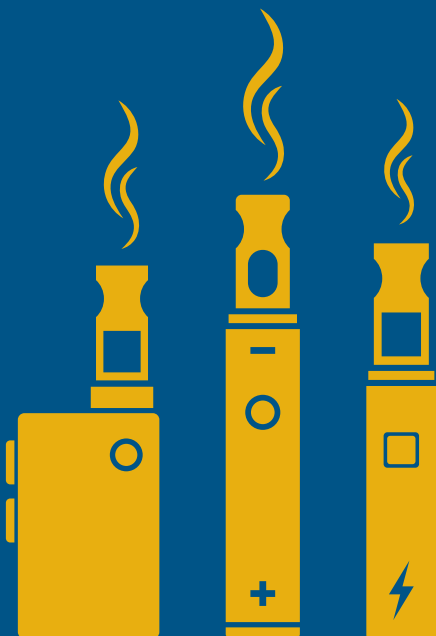


## Stark reality about vaping

- Many vapes contain nicotine which can be addictive.
- Vapes can contain harmful chemicals which are found in cleaning products, nail polish remover, weed killer and bug spray.
- Nicotine present in one vape can be equivalent to 50 cigarettes. However, this depends on the size of the vape and nicotine strength.
- Young people who vape are three times more likely to take up smoking. This makes vaping a gateway behaviour.
- Vape aerosol is not water vapour.
- Vaping has already been linked to lung disease.
- Vapes can cause long-lasting damaging effects to the brain and physical development.

If you know someone who is struggling to quit smoking or vaping, you can suggest the following options.

- **Quitline:** call on 13 7848 or visit [quit.org.au](http://quit.org.au)
- **My Quit Buddy:** download the app for free
- **Quit Now Calculator:** available on [quitnow.gov.au](http://quitnow.gov.au)



## Grain-free spinach quinoa patties

Try this delicious vegan and gluten free recipe to enjoy either as a starter or as a side.

Serve 10/Prep 15mins, cooking time 5mins

### Ingredients list

- ▶ 3 cups quinoa, cooked
- ▶ 3 eggs (substitute it with two tbsp of rice flour)
- ▶ 1 tsp onion powder
- ▶ 1 tsp garlic powder
- ▶ 1/2 to 1 tsp salt
- ▶ 2 tbsp ground flax seed
- ▶ 1 cup baby spinach, chopped
- ▶ 1 medium sweet potato, cooked and cooled
- ▶ 2 to 3 tbsp avocado or olive oil

### Method

- ▶ In a medium-sized bowl mix all ingredients well.
- ▶ Let the mixture sit for 5-10 minutes before cooking.
- ▶ Heat a frying pan with 1-2tbsp of oil on low flame.
- ▶ Divide the mixture into small balls and press gently to form a patty. Alternatively, you can create your own shapes to make your plate look fun.
- ▶ Cook for 3 minutes on each side or until golden brown.
- ▶ Don't crowd the pan, cook in batches for crisper and yummiier results.
- ▶ Serve with a dipping sauce of your choice, garden salad.



## Are you facing burnout at your workplace?

Burnout is becoming more commonly diagnosed in Australia. Its symptoms can be dissected into two main streams – physical (feeling tired all the time, frequent sickness and headaches, muscle pain and disrupted sleep pattern) and emotional (sense of self-doubt and helplessness, detached from work commitments, loss of motivation, increased cynical attitude and decreased satisfaction).

Burnout not only impacts an employee's performance at work but can also lead to physical illnesses like increased likelihood of heart disease, high blood pressure and type 2 diabetes, and mental health issues such as depression, anxiety and poor anger management.

The World Health Organisation describes burnout as a syndrome resulting from chronic workplace stress that has not been successfully managed. Burnout is included in the 11th Revision of the International Classification of Diseases (ICD-11) as an occupational phenomenon. However, it is not classified as a medical condition.

The 2022 Microsoft Work Trend Index reflected that the Australian workforce has a higher level of workplace burnout compared to other parts of the world. It found that 62% of Australian workers reported being burned out, much higher than global average of 48%.



### How can employers help reduce burnout within their workplace?

- Open conversations. The more you engage with team members, the more likely you are to identify burnout symptoms.
- Look at job design and make sure that workload is realistic and manageable.
- Provide flexible or hybrid work arrangements to support work/life balance.

### Tips on dealing with burnout

- Have a conversation with your manager. Opening up about your feelings can in fact help you feel less burdened.
- Engage with your co-workers socially, especially after work. Friendships within workplaces can definitely help you prevent and deal with burnout symptoms.
- Learn to say NO and set healthy boundaries. Make sure you have time to rest and connect with loved ones.
- Have a creative outlet – use weekends or evenings for something that sparks joy. It could be painting, music and or fixing things.
- Exercise regularly. Even if you don't feel like it, try to get outside and be physically active. Exercise has many health benefits and is proven to support good mental health.

### If you need expert help, please call:

- Lifeline on 13 11 14
- MensLine Australia on 1300 789 978
- Beyond Blue on 1300 22 46 36
- Headspace on 1800 650 890

Lvl 3, 170 Railway Parade,  
West Leederville WA 6007

(08) 9483 8888  [lgiswa.com.au](http://lgiswa.com.au)

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