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Question taken on Notice: E-cigarette regulation and compliance in NSW

How does vaping affects fertility?

It is well known that smoking reduces fertility in both men and women, smoking during pregnancy increase the risks of complications including; miscarriage, preterm labour, low birth weight, birth defects and more. The narrative from Big Tobacco that vaping/e-cigarettes are a safer alternative to cigarette smoking is untrue. E-cigarettes are battery operated smoking devices that heat nicotine, flavourings, and other chemicals to create an aerosol to inhale. Recent studies have begun to explore the impact vaping has on reproductive health.

Recently, [The Guardian](#) recently published how research has found a hormone that indicates fertility at lower levels in vapers and tobacco smokers. This study revealed that of the people who did vape or smoke, they had lower level of anti-mullerian hormone, which indicates how many eggs women have left in their ovaries.

Some [studies](#) have also explored the effects vaping has on male fertility. Vaping has been shown to [reduce semen quality](#), and potential [mutagenic effects on sperm](#).

The Department of Health and Aged Care have a detailed [page](#) focusing on pregnancy and smoking, vaping and tobacco. On this page the public can find easy to comprehend information on the dangers of vaping, specifically how it can affect trying to fall pregnant, the risks associated during pregnancy, complications of second-hand smoking, post-partum complications, and breastfeeding.

We do know that many of the chemicals found in e-cigarettes can negatively impact reproductive health for both women and men. Informative studies have raised concerns about a reduction in fertility as a result of exposure to e-cigarette vapour and liquids. More research is needed as the information available at the moment is not conclusive.

Relevant Links of interest to the Committee:

Tobacco in Australia: Health effects of e-cigarette use during pregnancy. [Link](#).

Kin Fertility: How does vaping affect your fertility. [Link](#).