

Glenda Wiles

From: Roni Keiser <ronikeiser@gmail.com>
Sent: Tuesday, May 29, 2018 12:58 PM
To: Glenda Wiles
Cc: Roni Keiser
Subject: Vaping Restrictions

Ms. Wiles,

Would you please advise all 5 Ravalli County Commissioners of my request.

Commissioners, Please do not approve restrictions on the vaping community by including vaping in the Clean Indoor Air Act of Montana.

I am a Ravalli County resident, who owns my home in Hamilton. 5 years ago I put out my last cigarette and picked up an e-cigarette, and I starting vaping. I had smoked for some 30+ years. I am female, 60+ yrs old, college educated, now retired from local government.

For 15+ years I had tried to quit: smoking cessation programs ran by Kaiser Permanente Hospital, prescription medicines, nicotine patches, counseling, nicotine gums and lozenges. The longest I was able to quit smoking was 3 months. I suffered from shortness of breath & lung congestion, with annual colds and bronchitis.

In the last 5 years, with vaping only, I have not had bronchitis once. I have had a few minor colds but without any lung congestion. My breathing capacity has steadily improved, with long deep breaths now possible. I only purchase vaping liquids produced in the USA.

I share this, only to demonstrate that my personal experience with vaping is that it is a much healthier nicotine product. Not to mention much cleaner. No more cigarette butts, no more fear of burning down the house or starting any fires.

As an adult, please protect my rights.

Best Regards,
Roni Keiser