Melissa Hendrix 114 Tennessee Road Stevensville, MD 21666

Hello, my name is Melissa Hendrix and I am here to oppose HF904. I'm a tobacco harm-reduction advocate, concerned consumer, and concerned parent. I have been vaping since 2013, before which, I had no desire to quit smoking cigarettes, however the product did its job to get me completely off cigarettes. During the time that I smoked cigarettes, every year I would get sick more than 5 times a year with sinus infections, headaches, high blood-pressure, bronchitis, and other respiratory problems. Since I have transitioned from smoking cigarettes to vaping, I do not need to visit the doctor but once a year to get my women's check-up. The doctor tells me all the time that I sound great in my lungs; finally, no more respiratory issues multiple times a year, and each time it would take about a month to finally feel better. The headaches and sinus infections were horrible and very hard to get rid of as well, and again, I wouldn't feel better for about a month. The blood-pressure has been a constant concern as my family has blood-pressure problems and most are currently on medication for it. I have been able to change that because I put the cigarettes down, and man, what a difference. I have more energy, I feel better when I wake up in the morning, I have made healthier decisions to improve my health, I'm not as exhausted at the end of day, and I can finally go running without running out of breath.

As I said before, I never wanted to quit smoking so here I am, a non-smoker of cigarettes however I do vape and depending who you talk to; I'm doing the same thing. As a consumer of these products, it worries me that flavors may become a thing of the past. This cant be true!! I know we can do better than just an outright ban. When I first started vaping, I used a strawberry and cream flavor in a 2.4% freebase nicotine solution. This is the greatest thing about vaping because I can drop my nicotine down just like the nicotine patch, but in a way that works for me. Also, when I dropped down with my nicotine, I had to switch flavors because my dulled senses were returning and my tastes were changing with it. If I didn't have multiple flavors to choose from at that time, I would have immediately gone back to cigarettes, without a thought in my mind. However, I did have flavors to choose from and now, I am down to a .15% freebase nicotine solution that tastes like vanilla custard. I'm not sure that I want to quit vaping, and honestly, if flavors are banned, I will find a way to make the flavors that I want. All of these products are completely unregulated and widely available in stores and online. I will find a way to make my flavored liquid if my choice to purchase them pre-made as an adult is taken away. This flavor ban will create a black market, flooded with unregulated products, and will hurt more sensible adults than the regulation will prevent youth smoking.

Believe it or not, I am also a concerned parent who has 2 boys and would not want them to ever pick-up cigarettes or a vape, but taking away this option is simply a terrible choice. We all know that you will never ban cigarettes from the market, you need their Master Settlement Agreement blood money. We also all know that there will always be new consumers of cigarettes, regardless of any measures the government takes; I will reference how the "war on drugs" failed to prevent any drug use. By making the safer alternative less desirable than cigarettes themselves, you are working counter productively for the health of your population. While I have any say in the matter, my kids won't be smokers or vapers. However, I won't always have a say in their choices. Once they become adults, they will be making their own choices, and while I hope they know better, cigarettes will still be option for them. I only plea that you do not de-incentivize the safer alternative by removing flavored e-liquids from vaporizers.