

ELECTRONIC CIGARETTES

E-CIGARETTES

1 WHAT ARE E-CIGARETTES

cigarettes come in many shapes and sizes.
have a battery
a heating element
a place to hold a liquid.

- Produce by heating a liquid with nicotine

- Users inhale this aerosol into their lungs, and also breathe in this aerosol when the user exhales into the air.



2 What is in e-cigarette aerosol?

The e-cigarette aerosol contain:

- Nicotine
- Ultrafine particles
- Flavoring such as diacetyl
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals



3 Disadvantages

Most e-cigarettes contain nicotine, which has known health effects.

- Highly addictive.
- Toxic to developing fetuses.
- Adolescent and young adult brain development can be negatively impacted
- Danger for pregnant adults and their babies.



Are e-cigarettes less harmful than regular cigarettes??

Yes but that doesn't mean e-cigarettes are safe.



1600

For the quit smoking hotline 1600, it is considered a quit smoking counselor without giving medication or nicotine. Counselors call in who want to quit smoking.

Why are electronic cigarettes popular?

The most commonly cited reasons for using e-cigarettes among both youth and young adults are curiosity, flavoring/taste, and low perceived harm compared to other tobacco products. The use of e-cigarettes as an aid to quit conventional cigarettes is not reported as a primary reason for use among youth and young adults.



SOURCES:

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- RooJai
- National Library of Medicine
- Pinterest
- Wikipedia
- The Standard
- National Health security Office (NHSO)

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