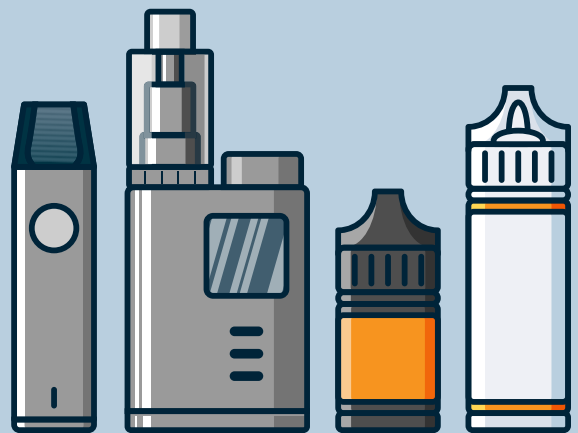


Electronic Cigarettes

(also known as Vaping Products)

What do you know about them?



Patient and Family Education



patienteducation@hamad.qa



For more information: 40254857 – 50800959



For booking an appointment: 40254981 – 16060



Location: Hamad Bin Khalifa Medical City, Building 311,
Third floor

23-0238

مركز معتمد من منظمة الصحة العالمية
مكافحة التدخين
WHO Collaborating Centre
for Tobacco Control



مركز مكافحة التدخين
Tobacco Control Center



Electronic Cigarettes (also known as Vaping Products)

What do you know about them?

Electronic Cigarettes (E-cigarettes)

- They are known as devices that deliver nicotine.
- They come in different shapes and forms.
- They contain liquid nicotine in high amount.
- They do not contain tobacco.
- Exhaled vapor harms users and people around them.

The vapor contains harmful substances :

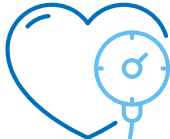






- Nicotine
- Flavorings
- Harmful chemicals
- Carcinogens
- Heavy metals (Such as nickel, tine, and lead)
- Small harmful particles (enter the body and affects lung, heart, and blood vessels)

Facts about E-cigarettes:

1. **Not a safe method to quit smoking:** They are not approved by Food and Drug Administration.
2. **Not less harmful than other tobacco products:** They contain similar harmful substances but in different amount.
3. **E-cigarette product contain high level of nicotine:** User become more dependent on them.
4. **The liquid used in e-cigarettes contains nicotine:** 99% nicotine and other toxic substances.



Negative Effects of an E-cigarette Usage:

	1. Nicotine addiction: Increase blood pressure and heart rate.
	2. Exposure to harmful substances: Inhaling cancer-causing chemicals such as heavy metal
	3. Lung injury and other diseases: Lung disease, asthma, sore throat, and eye irritation
	4. Harm brain development among young people: <ul style="list-style-type: none">• Nicotine impact brain growth up to the age of 25.• Damage area that controls attention and learning
	5. Nicotine hazard during pregnancy: <ul style="list-style-type: none">• Increase health risk for both:<ul style="list-style-type: none">• Women health• Baby's brain and lungs.
	6. Unintended injuries: Leads to serious injuries and fire due to device defect
	7. Liquid nicotine poisoning: <ul style="list-style-type: none">• Children and young adults get poisoned by:<ul style="list-style-type: none">• Swallowing nicotine liquid.• Breathing e-cigarettes liquid.