

Nicotine Pouches

(also known as European Sweika)

What do you know about them?



Patient and Family Education



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



مركز مكافحة التدخين
Tobacco Control Center



Nicotine Pouches (also known as European Sweika)

What do you know about them?

Nicotine Pouches

- They are small white tobacco-free bags.
- They are placed between the gum and inner lip in the mouth

Nicotine Pouches contain:

- **Nicotine:**
 - The main cause of addiction
 - Physical effects: heart rate, blood vessels and respiratory system.
 - Mental effects: stress, depression and being distracted
- **Added flavorings:**
 - Added flavors like strawberry and mint
 - Enter through the gum and mouth tissues.
 - May increase risk of cancer

Myths and Facts about nicotine pouches:

Myth: Nicotine pouches a safe way to quit smoking

Facts:

- Not a safe or effective method to quit smoking
- Not approved by Food and Drug Administration

Myth: Nicotine pouches are not considered as harmful products for our health

Facts:

- They contain nicotine that harms our body
- It leads to nicotine poisoning when used in huge amounts








Myth: Nicotine doses not affect our health

Facts:

- It is considered a toxic addictive substance
- It harms brain development among children and young adults

- It impacts areas in the brain that control memory and concentration
- High level of nicotine increases Heart rate and blood pressure

Potential Symptoms and Health Problems

	Lack of concentration and tiredness
	Nicotine addiction
	Irritation and burning sensation of the gum
	Mouth ulcers
	Hiccups
	Nausea
	Insomnia