

Electronic cigarettes

Facts:

- Electronic cigarettes are not safe for young adults, pregnant women or adults who do not currently use tobacco products.
- Scientists still have a long way to go to find out if electronic cigarettes are effective for quitting smoking.
- Additional research can help uncover the long-term health implications of using electronic cigarettes.

Electronic cigarette:

Electronic cigarettes are battery-powered devices that come in many shapes and sizes. Most electronic cigarettes have a heater “vaporizer”, and a place that contains a liquid. They release smoke in the air by heating a liquid that usually contains nicotine (the substance that causes addiction in regular cigarettes, cigars and other tobacco products) as well as flavors and other chemicals. Electronic cigarettes can also be used to take marijuana and other types of drugs.

Other names for electronic cigarettes:

Vaping, vape “popular names among young people ”

The dangers of using electronic cigarettes:

Electronic cigarettes are still fairly new, and scientists are still trying to uncover their long-term health implications. Most electronic cigarettes contain nicotine, which is dangerous because:

- Nicotine is highly addictive.
- Nicotine is a developmental toxicant that affects the fetus.
- Nicotine can damage adolescent brain development, which lasts until the early twenties.
- Nicotine poses health risks for the pregnant woman and her fetus.

Other dangers:

Electronic cigarettes can lead to unintended injuries that can be serious in some cases due to fires and explosions, especially when charging the batteries of electronic cigarette.

Electronic cigarettes and regular cigarettes:

Electronic cigarettes are less harmful than regular cigarettes, but that does not mean that electronic cigarettes are safe. Electronic cigarette smoke generally contains less toxic chemicals than the lethal mixture of V, ... chemicals in regular cigarette smoke.

Electronic cigarettes and smoking cessation:

Electronic cigarettes are not currently adopted as an aid for smoking cessation, as more research is needed to determine how effective electronic cigarettes may be for quitting smoking.

Electronic Cigarette and Pregnancy:

Very little research has been done to investigate the safety of electronic cigarettes during pregnancy, but it is likely to be significantly less harmful for pregnant women and their fetuses than regular cigarettes. "More studies are being conducted on the dangers".

The effects of electronic cigarette smoke on others:

So far, there is no evidence to suggest that electronic cigarette smoke is harmful to other people. Available evidence suggests that the risk is very low, especially when compared to second-hand smoke.

Shisha and Mu'assel tobacco:

Health risks of smoking during pregnancy:

- Increased risk of fetal death.
- Increased risk of sudden infant death.
- Pregnant women may find it more difficult to cope with the pains of birth.
- Increased risk for pregnancy complications, and morning sickness.
- Increased risk of preterm births.
- Increased risk of the newborn suffering from problems with his breathing, nutrition and overall health.

Infants born to mothers who smoke are at a higher risk of being born with a lower birth weight. on average, they weigh 200 grams less than infants born to women who do not smoke.

Clinical Health Education Department

For more information, please contact us by email on:

Hpromotion@moh.gov.sa

وزارة الصحة
Ministry of Health