

Electronic Shisha

Shisha:

- When the shisha smoke passes through the water chamber it is not filtered completely from toxic carcinogenic chemicals.
- Shisha is not a safe alternative to smoking cigarettes.
- Comparison between an hour-long shisha smoking session and smoking one cigarette:
 - One shisha session produces 50-100 times more smoke than the smoke produced by a cigarette. The produced carbon monoxide is equivalent to smoking 47 cigarettes.

Electronic cigarette:

An electronic cigarette is a device that heats and vaporizes nicotine and other chemicals so that they can be inhaled by the smoker.

"Electronic cigarette, electronic shisha, vape, vaporizer, tank, shisha pen ... and others" are all devices used to describe the electronic system of nicotine delivery.

Types of electronic cigarettes:

Electronic cigarettes are classified into: First, second and third generation e-cigarettes, based on product features and operational characteristics.



* shown to demonstrate approximate scale

- a. Generic Combustible Tobacco Cigarette
- b. First Generation E-Cigarette
- c. Second Generation E-Cigarette
- d. Third Generation E-Cigarette

DISCLAIMER

These illustrations are intended to be generic representations of a device within each of the depicted categories. They are not meant to represent or endorse any specific product or manufacturer.

- **First-generation e-cigarettes:**

They are designed to resemble regular cigarettes as much as possible, and the purpose of their manufacture is to help people who wish to quit smoking or those who are looking for alternative products for cigarettes. There are several types of first-generation e-cigarettes, including what was designed to resemble a pipe.

- **Second-generation e-cigarettes:**

They are characterized by a transparent tube filled with liquid, and a clearomizer that converts the liquid into vapor, as well as a slim battery. They are pen-like devices, which are relatively larger and more cylindrical than the first generation e-cigarettes and they can carry more liquid.

- **Third-generation e-cigarettes:**

These include several different products marketed under different names that seem unrelated to cigarettes (such as: Vape and others). They vary in shape and size, some are square or rectangular. They are also customizable with the ability to change the shape of the vaporizer and the battery. Some people were even able to build their own cigarettes.

Facts:

- Electronic cigarettes contain some of the same toxic carcinogenic substances found in the regular cigarettes but in smaller amounts. Electronic cigarettes also contain chemicals that help convert the liquid into a vapor that can be inhaled.
- Electronic cigarettes contain substances that are known to cause health problems such as: Heart and lung diseases.

- As there are no clinical studies and clinical trials on the long-term effects of electronic cigarettes, which means that their death threatening and pathogenic effects are not yet clear. This does not indicate that they are completely safe, and there are still many concerns that should be addressed before more young people turn to them.
- The danger of young people using electronic cigarettes is that they can be highly addictive. Not to mention when members of society start to regularly smoking these e-cigarettes, it encourages smoking, which makes e-cigarettes a tool that promotes smoking and not quitting smoking.
- Electronic cigarettes have become a way of taking nicotine rather than an aid for smoking cessation.
- One area of concern is that electronic cigarettes could actually prevent people from quitting smoking or cause them to relapse.

Clinical Health Education Department

For more information, please contact us by email on:

Hpromotion@moh.gov.sa