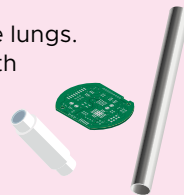


25 facts about e-cigarettes

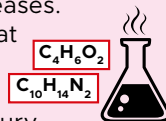
- ▶ An e-cigarette or vape is a battery-powered device that heats up a liquid in the tank of the device.
- ▶ The heated liquid turns into an aerosol that is inhaled into the lungs.
- ▶ There are both disposable models and devices that come with a rechargeable battery and refillable tank.
- ▶ E-cigarettes are not recommended for quitting tobacco. Their use maintains nicotine addiction.
- ▶ There is not yet enough research evidence on the health effects of long-term use.



- ▶ E-liquids may contain nicotine or be nicotine-free. The majority of adult users use nicotine-containing e-liquids.
- ▶ The nicotine content of e-liquids varies even in products by the same manufacturer.
- ▶ In Finland E-liquids may not contain more than 20 mg/ml of nicotine.
- ▶ Finland only allows the sale of unflavoured or tobacco-flavoured nicotine liquids.
- ▶ Sweet flavouring chemicals seem to cause more harm to lungs than unflavoured nicotine-containing e-liquids.
- ▶ Seek medical attention if your health deteriorates after using an e-cigarette. Take the product you have used with you to allow an analysis of the ingredients in the e-liquid.

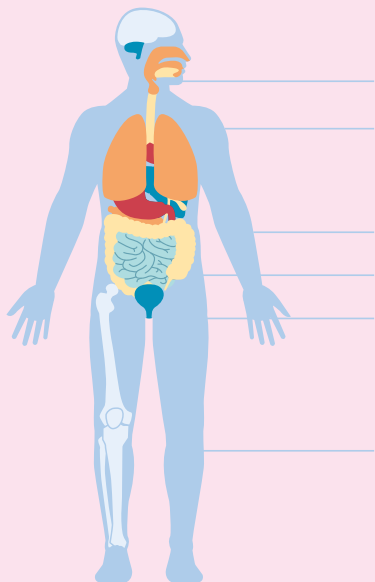


- ▶ E-cigarette vapour contains various harmful substances.
- ▶ The most commonly reported symptoms related to e-cigarettes are irritation of the throat and mouth, headaches, cough, excess mucous, nausea and reduced exercise tolerance.
- ▶ Even short-term use of e-cigarettes can affect lung function. The risk of oral diseases also increases.
- ▶ EVALI is a condition that means e-cigarette or vaping product use-associated lung injury.



- ▶ The use of electronic cigarettes is not allowed in premises where smoking is prohibited.
- ▶ E-cigarettes may not be sold or handed over to persons under the age of 18.
- ▶ Persons under the age of 18 are not allowed to be in possession of tobacco products or nicotine-containing e-liquids.
- ▶ The marketing and display of e-cigarettes is prohibited in retail environments.





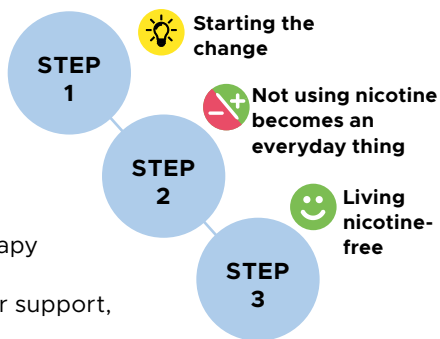
Negative effects of nicotine:

- Weakens the immune system
- Increases heart rate and narrows blood vessels, putting more strain on the circulatory system
- Increases the risk of arrhythmias
- Can cause erectile dysfunction
- Increases damage to the walls of blood vessels, harmfully affects blood fat levels and causes platelets to clump together more easily
- Increases oxidative stress, cell damage caused by free radicals, which can lead to various diseases and contributes to aging.

Did you decide to quit using nicotine products?



- ▶ I'm quitting once and for all
- ▶ I'm cutting down
- ▶ I'm using nicotine replacement therapy temporarily to help with quitting
- ▶ I need support (support group, peer support, family, friend)



It's possible to overcome nicotine addiction!

You can get advice, guidance and regular coaching for quitting nicotine from healthcare professionals by calling the free smoking cessation quitline at **0800 148 484**.

Peer support is available in the online peer discussions of the Organisation for Respiratory Health in Finland and in the Stumppi Facebook group. More information: www.hengitysliitto.fi/stumppi