Traditional Cigarette & Electronic Cigarette

五星健康五星家

"Tobacco Endgame" has recently become a slogan in Hong Kong. Along with increasing tobacco tax and legislation controlling electronic cigarette, the tobacco endgame goal can be achieved in the near future. A total smoking ban would be a great opportunity for smokers to get rid of cigarette addiction and quit smoking, benefiting themselves from it at the same time.

Traditional Cigarette & Electronic Cigarette

Cigarette can release nicotine, tar and carbon monoxide.

When smokers ignite smoke and inhale tobacco, lungs would absorb nicotine and rapidly transport it to the brain. This stimulates the secretion of dopamine, producing relaxation and excitement.

If smoking counts were reduced, the brain would decrease dopamine production, giving an uncomfortable sensation and craving for more cigarettes. The satisfaction from smoking would end up with addiction.

Electronic cigarette imitates the behavior of smoking by using electric power to vaporize e-liquid within the container.

E-liquid is a chemical mixture of propylene glycol, glycerin, flavorings and additives. Some e-liquids even compose of the ingredients from traditional cigarette such as nicotine.
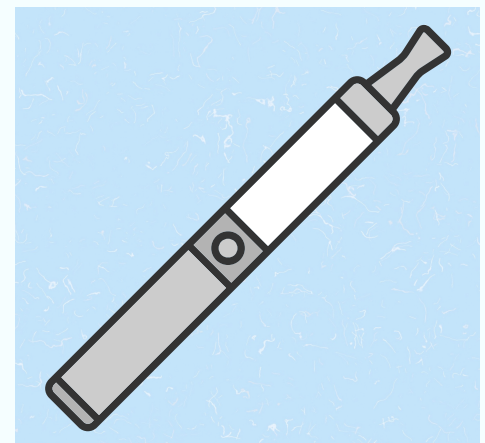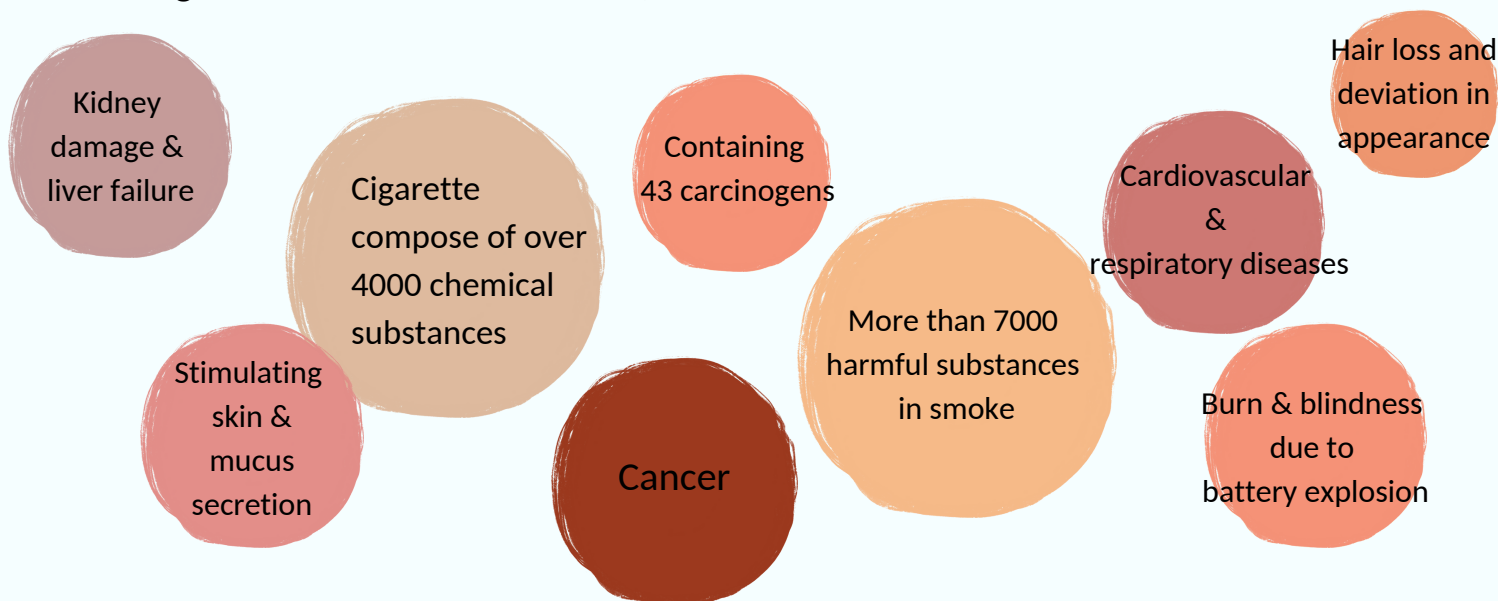
Flavorings usually provide different aroma to bring down unpleasant odors.
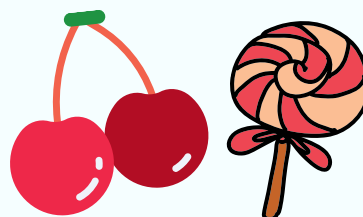
Disadvantages are everywhere no matter smoking with traditional cigarette or electronic cigarette!

Both cigarette can release firsthand, secondhand and thirdhand smoke.

Kidney damage & liver failure

Cigarette compose of over 4000 chemical substances

Containing 43 carcinogens

Hair loss and deviation in appearance

Cardiovascular & respiratory diseases

Stimulating skin & mucus secretion

Cancer

More than 7000 harmful substances in smoke

Burn & blindness due to battery explosion

Put a step forward to reject the control of cigarette addiction

Share your thoughts of quitting smoking with others.

Speak up your will and seek for help.
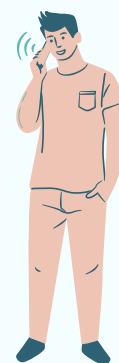
Allow trusted people to support your journey in quitting smoking.

Learn to relieve stress with other positive methods, such as exercising and listening to music etc., smoking is not an excuse for releasing pressure.

Establish an interest for distraction, as well as enriching your life.

You can do it!

Although the journey in quitting smoking is hard, you can always seek for help to get rid of cigarette addiction. If needed, different organizations in the society would be delighted to lend a helping hand.
Integrated Smoking Cessation Hotline: 1833 183

The above information is for reference only.

Editor: Kenneth Chui

Updated on 26/10/2021