E-Cigarettes and Cardiovascular Health

What are E-Cigarettes?

Electronic cigarettes deliver nicotine in liquid form, which is inhaled as a vapor. E-cigarettes are currently popular among teenagers.

E-Cigarettes Market

- E-cigarette sales have increased significantly in recent years.
- The market is expected to grow further by 2023, reaching $26.84 billion.

E-Cigarettes and Young People

- E-cigarette users, especially teenagers, are more likely to start smoking tobacco.

How Does Vaping Affect the Heart?

Studies have linked e-cigarettes with an increased risk of cardiovascular disease.

- Increased heart rate and blood pressure
- Irregular heartbeat
- Vascular problems
- Possible increased risk of blood clots
- Increased risk of heart attack

E-Cigarettes Are an Increasingly Popular Alternative to Conventional Cigarettes

- There is no proof that e-cigarettes are safe.
- They may be as addictive as traditional cigarettes.

Recommendations

- Prohibit the sale and distribution of e-cigarettes to minors.
- Ban the use of e-cigarettes for adults.
- Conduct more research on the long-term effects of e-cigarettes on cardiovascular health.
- Prohibit the use of e-cigarettes in public places.
- Apply restrictions on e-cigarettes.

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