

# **E-CIGARETTES AND CARDIOVASCULAR HEAL** WHAT ARE E-CIGARETTES?

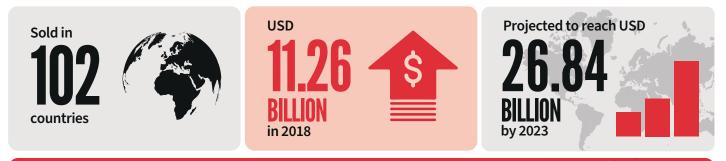
**Electronic nicotine delivery systems** (ENDS), such as electronic cigarettes or e-cigarettes, are electronic devices that simulate tobacco smoking.



E-cigarettes deliver nicotine by heating and vaporising a solution, known as e-liquid, into an aerosol. Instead of smoke, the user inhales vapor. For this reason, using an e-cigarette is often called vaping.

#### **E-CIGARETTES ARE AN INCREASINGLY POPULAR ALTERNATIVE TO CONVENTIONAL CIGARETTES**

### **E-CIGARETTE MARKET**



#### **A HEALTHIER ALTERNATIVE?**

Aggressive marketing strategies and misleading claims by manufacturers have largely contributed to the belief that e-cigarettes are harmless or less harmful than conventional cigarettes BUT

#### **STUDIES HAVE CONFIRMED THAT E-CIGARETTES ARE FAR FROM HARMLESS**

**E-liquids and e-cigarette** aerosols contain toxic substances that are commonly found in conventional cigarette emissions



These components could have similar adverse effects on the cardiovascular system to those caused by cigarettes



E-cigarettes should not be considered safe until proven otherwise by independent scientific research

### E-CIGARETTES FOR SMOKING CESSATION



Electronic cigarettes are regularly advertised as smoking cessation aids HOWEVER research has found that vaping does not help people quit smoking.

Most people who intend to use e-cigarettes to kick their nicotine habit end up continuing to smoke both traditional and e-cigarettes, which may incur increased risks.

### **NICOTINE IS A TOXIC, HIGHLY ADDICTIVE SUBSTANCE CONTAINED IN BOTH ELECTRONIC AND REGULAR TOBACCO CIGARETTES**

#### **NICOTINE CAN CAUSE:**





**RAISED BLOOD** PRESSURE **INCREASED RISK** OF HEART ATTACK

**Nicotine has** been proven to be as addictive as cocaine and heroin

Many e-cigarette users develop nicotine dependence

especially

pregnant women



Nicotine can be dangerous for children, teens &

## HOW DOES VAPING AFFECT THE HEART?

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





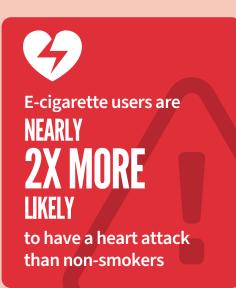
**IRREGULAR HEARTBEAT** 

**VASCULAR PROBLEMS** 



**POSSIBLE INCREASED RISK OF BLOOD CLOTS** 

**INCREASED RISK OF HEART ATTACK** 



# **E-CIGARETTES AND YOUNG PEOPLE**

E-cigarette manufacturers are aggressively targeting teenagers



E-cigarette users, especially teenagers, are

**MORE LIKELY TO START SMOKING TOBACCO CIGARETTES.** 

### RECOMMENDATIONS





www.worldheart.org

worldheartfed

• worldheartfederation