

加熱煙會令人上癮？

HTPs cause addiction?

加熱煙與傳統煙同樣含有尼古丁，但研究發現有跡象顯示加熱煙比傳統煙能更有效輸送尼古丁，因此令人關注加熱煙更容易令人上癮的可能性。

另外，獨立研究表明不同加熱煙品牌的產品在結構、功能、煙草成分、加熱方式以及可達到的溫度方面各有不同，因而在使用時可能釋出其獨有的化學物質。

Both HTPs and conventional cigarettes contain nicotine, but research has indicated that HTPs may deliver nicotine more effectively than cigarettes. This has raised concerns about the possibility of HTPs being more addictive.

Moreover, independent research showed that different HTP brands and devices vary in structure, function, tobacco content, heating methods, and temperature ranges, possibly emitting unique chemical substances during use.

吸食加熱煙對身體有什麼影響？

What are the health effects of using HTPs?

加熱煙產品種類繁多，大部分產品的煙霧成分和毒性缺乏數據，而其中一款加熱煙被披露的數據顯示其煙霧含80種屬該加熱煙獨有或比傳統煙濃度更高的化學物質，包括4種致癌物及10多種潛在遺傳毒性或致癌風險的化學物質。事實上，接觸致癌物並沒有已知的安全水平。

HTPs are a class of highly heterogeneous products. Research data on the chemical profile and toxicity of the emissions are lacking for most of the HTPs. Data revealed one of the HTPs contains 80 chemicals that are found to be either present in higher concentration in aerosols of that HTP or not found in conventional cigarette smoke, including four chemicals that are possibly carcinogenic and more than a dozen chemicals that are identified with genotoxic and/or carcinogenic potential. In fact, there is no known safe level of exposure for carcinogens.

加熱煙的二手煙會對身邊人士構成風險？

Would secondhand smoke from HTPs pose harm to bystanders?

加熱煙由煙草製成。使用時同樣會釋出二手煙。接觸二手煙並沒有安全的水平。

HTPs are made of tobacco. They can also produce secondhand smoke. There is no safe level of exposure to secondhand smoke.

電子煙及 加熱煙

戒煙達人
Quit App



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For more information, please visit:

www.livetobaccofree.hk

戒煙熱線:
Quitline:

1833 183

查詢及投訴熱線:
Enquiry and Complaint Hotline:

2961 8823

傳真:
Fax:

2575 8944



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The harms of
electronic cigarettes
and heated tobacco
products

甚麼是電子煙和加熱煙？

What are electronic cigarettes (e-cigarettes) and heated tobacco products (HTPs)?

電子煙

是一種電子裝置，利用通電的線圈把化學溶液（「電子煙油」）加熱成氣霧，讓使用者吸入。有些電子煙油是預載在煙彈/煙液艙內，另一些則需使用者自行注入。電子煙油通常包含尼古丁、化學溶劑（例如丙二醇、甘油）和添味劑。

E-cigarettes are electronically powered devices in which a coil is used to heat a chemical solution ("e-liquid") to generate aerosol for inhalation by the user. E-liquids may come in pre-filled cartridge/tank or refill bottles. They typically contain nicotine, chemical solvents (e.g. propylene glycol, glycerine) and flavourings.

加熱煙

透過電池驅動的加熱系統加熱煙草產生氣霧，繼而讓使用者將氣霧吸入肺部。有別於通過加熱化學溶液產生氣霧的電子煙，加熱煙的煙支含有真煙草。

HTPs heat tobacco with battery-powered heating system to produce an aerosol, which users inhale into their lungs. Unlike e-cigarettes, which are heating devices coupled with chemical solutions, HTPs contain actual tobacco leaf.

電子煙會釋出有害物質？

E-cigarettes can emit harmful substances?

電子煙油在受熱氣化分解後會形成有害物質例如醛（致癌物）、丙烯醛（刺激物）和苯（致癌物）。有些電子煙裝置在高功率使用時，加熱線圈亦會釋出一些金屬例如鉻、鎳等。

By heating the e-liquids, they are aerosolised, forming harmful products from thermal degradation, such as aldehydes (carcinogens), acrolein (irritant), and benzene (carcinogen). Metals (such as chromium and nickel) can be released from the heating coil when the device is used at high power.



電子煙對青少年的健康有何長遠影響？

What is the long-term health impact of e-cigarettes on adolescents?

含有尼古丁的電子煙極易令人上癮。研究顯示兒童和青少年攝入尼古丁會影響腦部發育，並損害腦部控制注意力、學習和情緒的部分。

電子煙通常以色彩豐富的包裝和味道(如水果及糖果)增加對青少年的吸引力，更被宣傳為時尚有趣的產品。電子煙令使用者模擬傳統吸煙行為，同時具備傳統吸煙的感官特徵。研究顯示吸用電子煙的青少年將來較大機會吸傳統煙。

Nicotine-containing e-cigarettes are highly addictive. Studies have shown that nicotine exposure in children and adolescents can affect brain development and damage parts of the brain that control attention, learning, and emotions. E-cigarettes are often colourfully packaged and flavoured (such as fruit and candy) to increase their appeal to youngsters, and are promoted as being cool and fun. Use of e-cigarettes simulates the behavioural and sensory characteristics of conventional cigarette smoking. Studies showed that adolescents who used e-cigarettes were associated with a higher risk of initiating cigarette smoking in the future.

電子煙及加熱煙無助戒煙？

E-cigarettes and HTPs cannot help smokers quit smoking?

煙草公司大力宣揚另類吸煙產品如電子煙和加熱煙為傳統煙的替代品。但事實上大部分使用者並沒有徹底轉用另類吸煙產品，而是同時使用傳統捲煙和另類吸煙產品。結果這些「雙重用家」同時吸入已知和未知的有毒物質，無助減低疾病及死亡風險。所以電子煙和加熱煙不僅無助戒煙，還可能導致復吸或開始吸食傳統煙的情況。現今已有證實安全有效的戒煙方法，例如尼古丁替補療法及戒煙輔導。你可以致電衛生署戒煙熱線 1833 183，獲取相關資訊及協助。

Alternative smoking products such as e-cigarettes and HTPs are aggressively promoted by the tobacco industry as substitutes of conventional cigarettes, but most users do not switch completely and use conventional cigarettes and alternative smoking products concurrently. Thus, these "dual users" are exposed to the harms of both known and unknown toxic substances with no reduction in their risk of diseases and death. Therefore, e-cigarettes and HTPs not only fail to help smokers quit, but may also lead to relapse or initiation of smoking of conventional cigarettes. There are existing proven, safe, and effective cessation methods, such as nicotine replacement therapy and smoking cessation counselling. You can call the Department of Health Quitline at 1833 183 for more information and cessation support.