

## 06 加熱煙對身體有甚麼影響？ What are the health effects of HNB products?

加熱煙由煙草製成，含有會令人上癮的尼古丁和致癌物焦油。加熱煙亦會釋出其他有害物質，例如一氧化碳和揮發性有機化合物等。不論以何種方式使用煙草，都對身體有害。現時亦無證據證明減少接觸煙草的有毒釋放物可減低吸煙者罹患煙草相關疾病及死亡風險。

HNB products are made of tobacco. These products contain the highly addictive substance nicotine, and tar which is a carcinogen. HNB products also emit other harmful substances such as carbon monoxide and volatile organic compounds. All forms of tobacco use are harmful. There is currently no evidence to suggest that reduced exposure to toxic chemicals from tobacco translates to reduced disease or death risk in human.

## 07 加熱煙的二手煙會對身邊人士構成風險？

Would secondhand smoke of HNB products 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。

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



衛生署控煙酒辦公室

Tobacco and Alcohol Control Office  
Department of Health



戒煙達人

免費戒煙流動應用程式  
Free Quit Smoking Mobile App



如欲了解更多資訊，請瀏覽控煙酒辦公室網頁：  
For more information, please visit Tobacco  
and Alcohol Control Office's Website

[www.taco.gov.hk](http://www.taco.gov.hk)

戒煙熱線：

Quitline:

**1833 183**

查詢及投訴熱線：

Enquiry and Complaint Hotline:

**2961 8823**

傳真：

Fax:

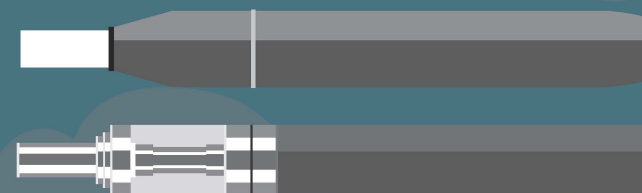
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# 電子煙及 加熱非燃燒煙草產品 的真相

The truth about e-cigarettes and  
heat-not-burn tobacco products

釋出致癌物質？

Release carcinogens?



令人上癮？

Cause addiction?

對身體有害？

Harmful?



衛生署控煙酒辦公室  
Tobacco and Alcohol Control Office  
Department of Health



衛生署綜合戒煙熱線  
Department of Health's Integrated  
Smoking Cessation Hotline

**1833 183**

01

甚麼是電子煙和加熱非燃燒煙草產品（加熱煙）？

What is electronic-cigarettes (e-cigarettes) and heat-not-burn tobacco products (HNB products)?

電子煙是以電池供電的裝置，通過電力把設有金屬線圈的煙彈內的溶液加熱成氣霧，讓吸用者模擬吸煙行為，從吸嘴吸入氣霧。電子煙溶液是化學混合物，成分一般有丙二醇、甘油、添味劑及其他添加劑。電子煙不含煙草，但可能含有尼古丁。

加熱煙讓使用者透過特別的電子加熱裝置吸用煙草。這類產品無須用火點燃，純粹把煙枝或膠囊加熱以產生氣霧。

E-cigarettes are battery-powered devices that heat a solution (called the "e-liquid") in a cartridge (also known as a "tank") with a metallic coil to deliver an aerosol that users inhale through a mouthpiece in a way that simulates the act of cigarette smoking. The e-liquid is a chemical mixture typically composed of propylene glycol, glycerin, flavourings, and other additives. E-cigarettes do not contain tobacco but may contain nicotine.

HNB products allow consumption of real tobacco (in a form of tobacco stick) using a special electronic heating device. The tobacco stick or capsule is heated to produce an aerosol without combustion.

02

電子煙會釋出有害物質？

E-cigarettes can emit harmful substances?

大部分電子煙釋出致癌物甲醛及刺激物丙二醇等有害物質。長期接觸此類有害物質會增加患上呼吸道疾病、心血管疾病、癌症，以及其他疾病的風險。

E-cigarettes typically emit formaldehyde which is a carcinogen, propylene glycol which is an irritant and other harmful chemicals. Long-term exposure to these substances may increase the risk of respiratory diseases, cardiovascular diseases, cancer, as well as other diseases.

03

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?

電子煙可能含有極易令人上癮的尼古丁。研究發現青少年可能特別容易對尼古丁產生依賴。研究亦顯示，使用電子煙的青少年有更大機會開始吸煙。

E-cigarettes may contain the highly addictive nicotine. Studies have shown that adolescents might be particularly vulnerable to develop nicotine dependency. Studies also showed that adolescents who use e-cigarettes have greater risk of starting to smoke cigarette compared with non-user.

04

電子煙無助戒煙？

E-cigarettes cannot help smokers quit smoking?

現今缺乏證據證實電子煙能有效戒煙。另外，已有其他證實安全有效的戒煙方法，例如尼古丁替補療法，以及戒煙輔導。你可以致電衛生署綜合戒煙熱線 1833183，獲取相關資訊及協助。

Evidence is lacking in proving e-cigarettes as an effective mean for smoking cessation. There exist cessation methods proved to be safe and effective, such as nicotine replacement therapy and smoking cessation counselling. You can call our hotline at 1833 183 for more information and cessation support.

05

加熱煙會令人上癮？

Can HNB products cause addiction?

加熱煙由煙草製成，含有會令人上癮的尼古丁和致癌物焦油。

HNB products are made of tobacco. These products contain the highly addictive substance nicotine, and tar which is a carcinogen.