



Ngamari Free

How do e-cigarettes affect your body?



E-cigarettes are a new product and we are still learning the long-term effects and impacts. This is what we know so far:

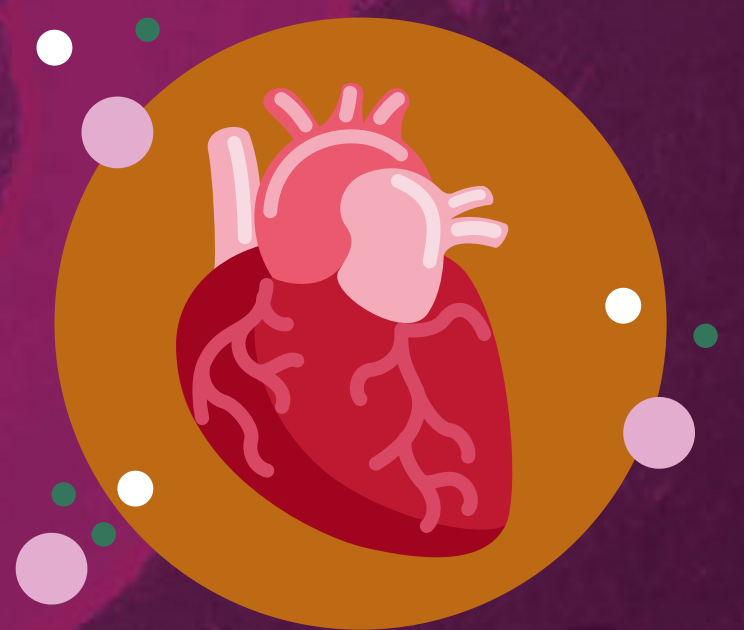
- E-cigarettes contain nicotine which is highly addictive and also found in tobacco cigarettes, cigars and other tobacco products.
- E-cigarette flavorings may be safe to digest but not inhale because the gut can process more substances than the lungs.

BRAIN: Nicotine releases feel-good chemicals in your brain, causing long lasting chemical changes and addiction.



LUNGS: Nicotine can cause rapid, shallow breathing, permanent lung damage and a higher risk of lung disease.

HEART: Nicotine causes your heart rate and blood pressure to go up, making your heart work harder to get blood and oxygen to your cells.



If you would like to know more about e-cigarettes, please contact Wheatbelt Aboriginal Health Service and talk to the Tackling Indigenous Smoking team on (08) 9690 2888.

Get in touch

Wheatbelt Aboriginal Health Service
Address: 65 Wellington Street, Northam WA
Phone: (08) 9690 2888
Fax: (08) 9690 2850



Wheatbelt Aboriginal Health Service

WA Country Health Service



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