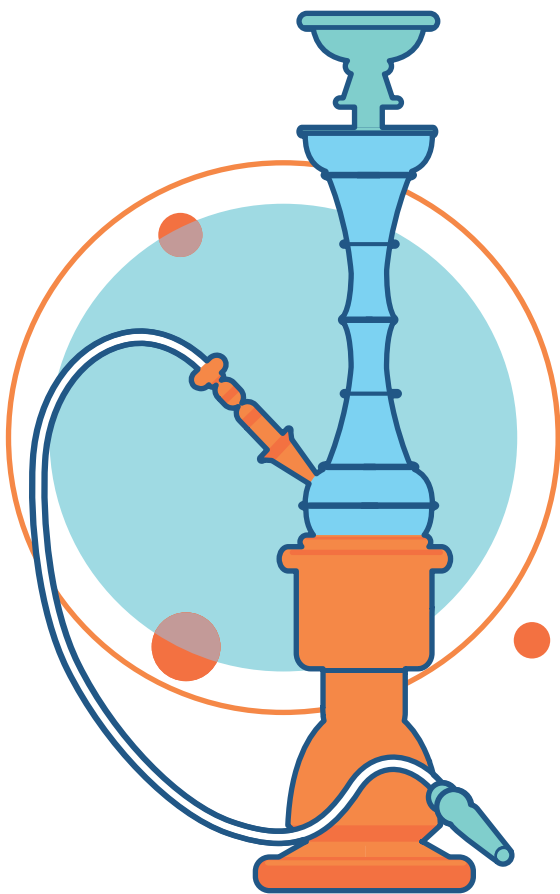
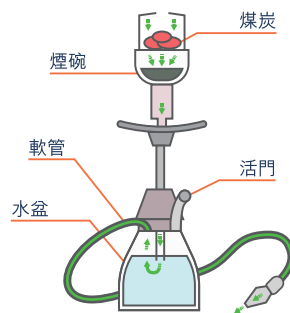


水煙 的禍害



水煙是甚麼？

- 水煙煙斗是一種起源於印度和中東的吸食煙草工具。
- 水煙煙斗的主要部份為煙碗、水盆及軟管，通常以煤炭等助燃物燃燒加熱煙草，連接單一軟管或多條軟管傳送煙草煙霧。
- 水煙煙草通常加入了不同口味。
- 水煙煙草受熱後所釋出的煙，不但含有煙草煙霧，而且含有燃燒炭或其他助燃物質時所釋出的燃燒產物。當吸煙者透過軟管吸食時，它便通過水盆，進入吸煙者身體。



吸食水煙對健康的危害

吸食水煙並不比吸食捲煙安全。

- 水煙所產生的煙霧在通過水後仍含有大量有毒化合物，包括焦油、一氧化碳、重金屬和致癌化合物，有毒化合物不會通過水而被過濾。
- 由於水煙的吸食次數多、吸入煙霧的深度大及每次吸煙的時間長，因此水煙使用者有機會比吸食捲煙者吸入更多有毒化合物。
- 通常吸食一小時水煙涉及的煙霧吸入量是吸食一根捲煙的 100 至 200 倍！吸食後身體的一氧化碳水平也是一根捲煙的至少 4 至 5 倍。

水煙使用者與吸食捲煙者一樣，有以下健康風險：

- 口腔癌
- 肺癌
- 胃癌
- 食道癌
- 心臟疾病
- 肺功能降低
- 生育能力降低

水煙所用的助燃物例如煤炭，在燃燒時會產生高濃度的一氧化碳、重金屬和碳氫化合物，進一步增加吸煙者的健康風險。

水煙亦會釋出致癮性物質 - 尼古丁，令人上癮。

水煙的二手煙霧同樣危害健康。

共用水煙器具的傳染病感染風險

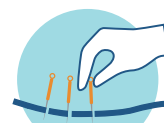
- 吸食水煙者一般會共用水煙器具。器具組件往往難以徹底消毒，而水煙器具的設計和使用方法亦非常有利微生物滋長及傳播。
- 研究發現共用水煙器具會增加感染疱疹、結核病及肝炎等傳染病的風險。

禁煙區內嚴禁吸煙

- 根據吸煙（公眾衛生）條例，任何人不得在禁止吸煙區內，作出吸煙行為（即吸入或攜帶(a)燃着的香煙、雪茄或煙斗；或(b)已啟動的另類吸煙產品。違者定額罰款 \$3,000。任何人在禁煙區內吸食水煙亦會被檢控。

戒煙服務

- 如有任何有關戒煙及戒煙服務的問題，請致電衛生署戒煙熱線 **1833 183** 查詢。
- 衛生署現提供多種免費戒煙服務：



中醫針灸



戒煙輔導

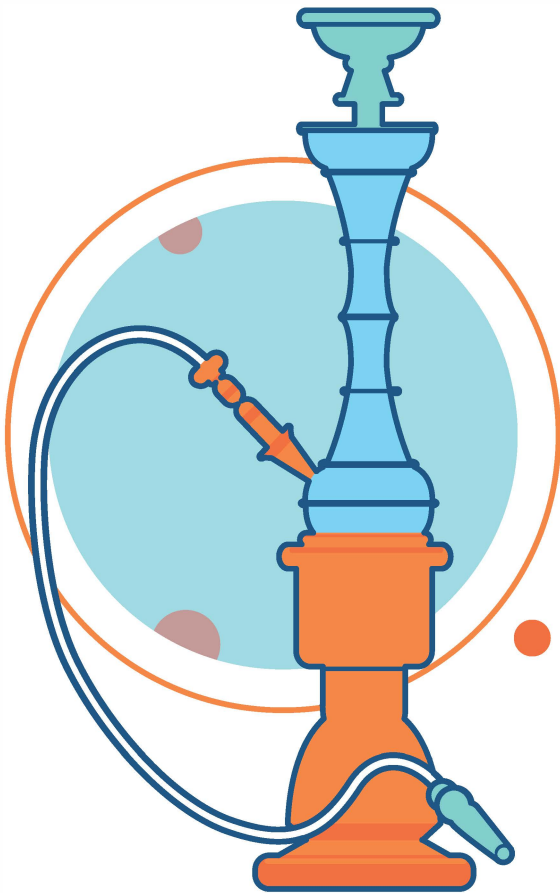


藥物治療

- 經評估後合適的人士可獲郵遞免費戒煙藥物。

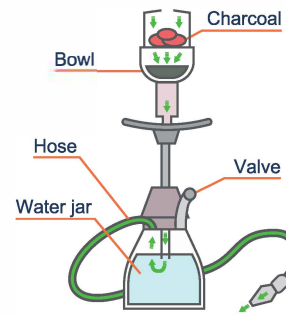


The Hazards of Waterpipe Smoking



What is waterpipe smoking?

- Waterpipe is a tobacco-smoking device that originated from India and the Middle East.
- The main components of waterpipe are tobacco bowl, water jar and hose. It is connected with single or multi-hose for passing tobacco smoke which is heated by lit charcoal.
- Waterpipe tobacco comes in different flavours.
- The tobacco is heated to give off smoke which passes through a water jar and is inhaled by the smoker through the hose of the waterpipe. This smoke not only contains the combustion products of tobacco, but also that of the charcoal or other heating substances.



Health Effects of Waterpipe Smoking

Waterpipe smoking is not safer than smoking cigarettes

- Even after the smoke has passed through water, it contains numerous toxicants including tar, carbon monoxide, heavy metals and cancer-causing chemicals. These toxic compounds are not filtered through water.
- Due to the mode of smoking - including frequency of puffing, depth of inhalation, and length of the smoking session, waterpipe smokers may inhale more toxins than they would when smoking cigarettes.
- A typical 1-hour waterpipe smoking session exposes the user to 100 to 200 times the volume of smoke inhaled from a single cigarette! It also results in a carbon monoxide level at least 4 to 5 times higher than the amount produced by one cigarette.

Waterpipe smokers are at risk for the same kind of diseases as are caused by cigarette smoking, including:

- oral cancer
- lung cancer
- stomach cancer
- cancer of the oesophagus
- heart disease
- reduced lung function
- decreased fertility

Charcoals or embers are commonly used to heat tobacco during waterpipe smoking. The combustion of them increases the health risks by producing high levels of toxic compounds including carbon monoxide, heavy metals and hydrocarbons.

Waterpipe smoking also delivers the addictive drug nicotine and causes dependence.

Secondhand smoke from waterpipes poses a serious health hazard to non-smokers.

Risk of infectious disease transmission by sharing waterpipe apparatus

- Waterpipes are commonly shared by waterpipe smokers. The parts and accessories of waterpipe are difficult to be completely disinfected. The design of the apparatus and the manner of use also promote the growth and transmission of microorganisms.
- Research already showed that sharing waterpipe increases risk of infectious diseases such as herpes, tuberculosis, and hepatitis.

Prohibition of smoking in no smoking area

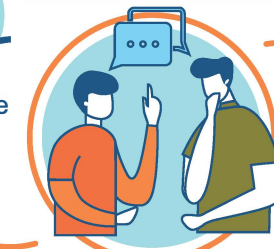
- As stipulated under the Smoking (Public Health) Ordinance, no person may do a smoking act (i.e. smoking or carrying (a) a lighted cigarette, cigar or pipe; or (b) an activated alternative smoking product) in a no smoking area, or else will be liable to a fixed penalty of HK\$3,000. Anyone who smokes waterpipe in statutory no smoking areas will also be prosecuted.

Smoking Cessation Services

- Call the Department of Health Quitline **1833 183** for any questions about quitting and smoking cessation services.
- Department of Health now offers a wide range of FREE cessation services, including:



Acupuncture



Counselling



Pharmacotherapy

- Mailing of smoking cessation medications is now available for eligible quitters.

