

# 水煙的禍害



衛生署綜合戒煙熱線

**1833 183**



衛生署控煙辦公室  
Tobacco Control Office  
Department of Health

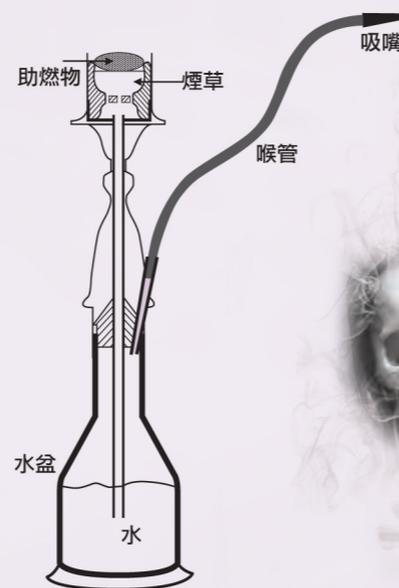


## 水煙是什麼？

水煙煙斗是一種起源於印度和中東的吸食煙草工具，其使用在世界某些地區有上升趨勢。

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所釋出的燃燒產物。當吸煙者透過軟管吸食時，它便通過一個盛水器皿，進入吸煙者身體。

不少水煙使用者誤以為吸食水煙比吸食普通卷煙安全，其實不然。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。



## 吸食水煙對健康的危害

由於吸食水煙的次數多、吸入煙霧的深度大及每次吸煙的時間長，水煙使用者吸入的有毒化合物份量比吸食普通卷煙者更多。通常吸食一小時水煙涉及的煙霧吸入量是吸食一根煙的100-200倍！吸食後身體的一氧化碳水平也是一根煙所導致的至少4至5倍。

水煙使用者與普通吸煙者一樣，更易患上口腔癌、肺癌、胃癌、食道癌，降低肺功能，心臟疾病和降低生育能力。



水煙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。

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。

共用水煙吸嘴更會構成嚴重的傳染病傳播風險，包括肺結核和肝炎。

## 禁煙區內嚴禁吸煙

根據吸煙（公眾衛生）條例，任何人不得在法定禁煙區內吸煙或攜帶燃著的香煙、雪茄或煙斗，違者定額罰款\$1,500。水煙屬於煙斗，故嚴禁在禁煙區內吸食。

## 戒煙服務

現時衛生署、東華三院、博愛醫院、醫院管理局及一些非政府組織均設有戒煙服務。戒煙人士亦可以向家庭醫生或私家醫院求診。

查詢請電衛生署綜合戒煙熱線

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衛生署亦設立了「網上互動戒煙中心」和免費戒煙流動應用程式以協助吸煙者戒煙。

[www.tco.gov.hk/iocc](http://www.tco.gov.hk/iocc)



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



如欲取更多資訊，請瀏覽控煙辦公室網頁

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查詢及投訴熱線

**2961 8823**

# The Hazards of Waterpipe Smoking



Department of Health  
Integrated Smoking Cessation Hotline

**1833 183**



衛生署控煙辦公室  
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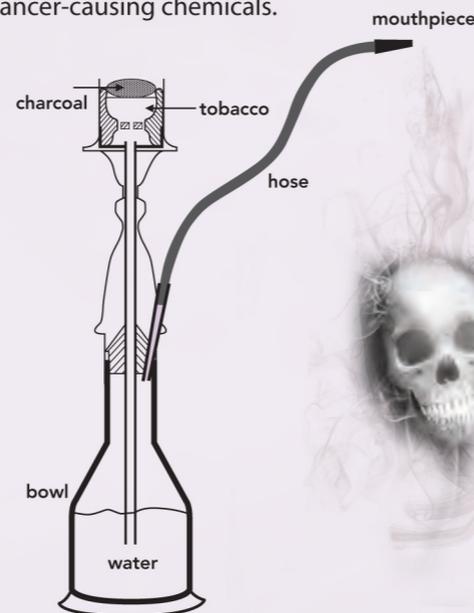


## What is waterpipe smoking?

Waterpipe is a tobacco-smoking device that originated from India and the Middle East. Its use is increasing in some parts of the world.

Waterpipe tobacco comes in different flavours. The tobacco is heated to give off smoke which passes through a water bowl 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 charcoal or other heating substances.

Contrary to the belief of many waterpipe smokers, 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.



## Health effects of waterpipe smoking

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 100-200 times the volume of smoke inhaled from a single cigarette! It also results in a carbon monoxide level at least four to five 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, reduced lung function, heart disease and decreased fertility.**



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

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

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 **carbon monoxide, heavy metals and hydrocarbons.**

Sharing a waterpipe mouthpiece also poses a serious risk of transmission of **communicable diseases**, including tuberculosis and hepatitis.

## Prohibition of smoking in no smoking area

According to the Smoking (Public Health) Ordinance, no person shall smoke or carry a lighted cigarette, cigar or pipe in statutory no smoking areas. Offenders will be subject to a fixed penalty of HK\$1,500. Waterpipe is a type of pipe and its use is prohibited in all statutory no smoking areas.

## Smoking Cessation Services

At present, there are a number of smoking cessation clinics run by the Department of Health (DH), the Tung Wah Group of Hospitals, the Pok Oi Hospital, the Hospital Authority and various organisations. Some family doctors and private hospitals also provide smoking cessation services.

For enquiry, please call DH's Integrated Smoking Cessation hotline

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DH also develops the Interactive Online Cessation Centre and free Quit Smoking Mobile App to help smokers quit smoking.

[www.tco.gov.hk/iocc](http://www.tco.gov.hk/iocc)



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



For more information,  
please visit Tobacco Control Office's Website

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

Enquiry and Complaint Hotline  
**2961 8823**