

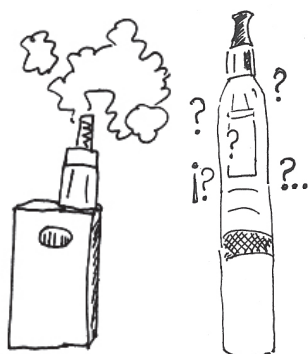
New ways of smoking

Tobacco is an extremely toxic and addictive product. It affects the health of smokers and those around them, the sustainability of the healthcare system, and the country's economy; it pollutes the environment, litters the surroundings, and contributes to accidents and fires. Many people are looking for [ways to quit](#).

In recent years, electronic cigarettes with or without nicotine and water pipes (hookahs) have been marketed as supposed alternatives to conventional tobacco. They are popular among young people because they are not subject to anti-smoking laws and can be used in leisure settings.

Electronic cigarettes or “vaporizers”

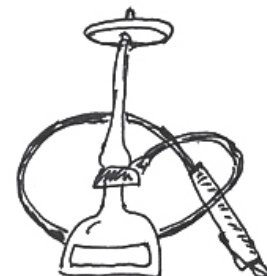
They are sold in tobacco shops and specialty stores. They contain bottles of liquid with varying amounts of nicotine and many chemicals, many of which are toxic and carcinogenic, and many of which are still unidentified, and have caused a wave of lung injuries.



Electronic cigarettes with **non-combustible or heated tobacco (IQOS™ and Glo™ in Spain)** are electronic devices that use specific cigarettes that must be purchased like traditional tobacco. They are consumed by heating them to a temperature below that of combustion. They contain nicotine and emit toxins and carcinogens.



Hookahs contain tobacco, molasses, and flavorings that enhance the deep inhalation of components that are harmful to health and increase lung damage. In addition to the toxins in tobacco and other components, shared consumption (all smokers use the same tube and mouthpiece) makes them unhygienic.



Are they useful for quitting smoking?

No. The tobacco industry has misleadingly promoted these products as a form of “harm reduction” smoking, but available studies have not observed any improvement in lung function or inflammation, nor have they shown that they help people quit smoking.

Their nicotine content can be higher than that of conventional tobacco and they cause addiction, not the opposite. Vaping is a gateway to tobacco use for children.

There are approved [methods](#) and medications to help you quit smoking, which, together with the support of healthcare professionals if necessary, can help you achieve your goal.

What advice should you follow?

The use of these new forms of smoking is not safe: in addition to nicotine, they involve the inhalation of thousands of toxic substances. They cannot be considered a safe alternative to traditional smoking. **The best alternative to tobacco is to quit smoking.**

