

MA IN AAN CARUURTAYDA

vaping

KALA HADLAA?

CARUURTAADU MIYAY YIHIIN DA'DA ISKUULKA?

haa

Waxay u badan tahay in ayba adiga kaa yaqaanaan wax ku saabsan vaping (cabidda sigaarka elektarooniga ah), marka waa inaad la qabsato.

SIGAARKA KORANTADU WAA NOOCA TUBAAKADA UGU BADAN EE AY DHALINYARADU HADDA ISTICMAASHO



maya

Waad sugi kartaa dhowr sano, laakiin shirkadaha tubaakada ayaa mardhow la bartilmaameedsandoona tubaakada korontada oo nacnac loo ekaysiiyay.

maya

Haddii ay qaan-gaadh yihiin. Miyay rabaan in ay sigaar iska joojiyaan?

haa

Daraasad ayaa cadaysay in dadka sigaarka joojinaya aan lagu dhiirigelinin in ay isticmaalaan sigaarka korontada. Caawimo ku saabsan joojinta sigaarka booqo quitplan.com.

maya

Dadka qaar waxay qabatimeen sigaarka korontada ku shaqeyya sida sigaarka kale loo qabatimo oo kale.

MIYAY IYAGA AMA SAAXIIBADOOD ISTICMAALAAN SIGAARKA KORONTADA?

maya

Hagaag! Maadaama ay maskaxdoodu weli korayso, dhalinyaradu si fudud ayay nikotiinta u qabatimaan. Dhalinyarada nikotiinta isticmaasho waxaa ku dhaca dhibaatooyin dhanka xasuusta iyo dareenka.

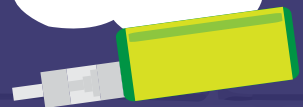
haa

Aad ayay u badan tahay in ay dhalinyaradu qabatimaan noocyada kale ee tubaakada haddii ay isticmaalaan cabidda sigaarka elektarooniga ah (vaping).

60% DHALINYARADA DUGSIGA SARE EE ISTICMAALA SIGAARKA KORONTADA WAXAY LA ISTICMAALAAN NOOC KALE OO TUBAAKO AH



MAR HADDII LALA QABSADO NIKOTIINTA WAY ADAG TAHAY IN LA ISKA JOOJIYO



MIYAY OGYIHIIN HALISTA AY CAAFIMAADKA U LEEDAHAY?

maya

Taasi maaha wax lala yaabo. Maadaama sigaarka elektarooniga ahi jiray oo keli ah illaa 2007kii ma ogin saamaynta caafimaad ee ay cabbistiisu keeni karto.

haa

Muddada gaaban cabidda sigaarka elektarooniga ah ayaa keenta in cunuhu ku ololo oo uu sii xumeeyo xanuunada xididada hawada sida neefta iyo boronkiitada.

+



LA HADAL!

Waxaa jira warar badan oo khaldan oo ku saabsan sigaarka elektarooniga ah. Waa muhiim in dhalinyaradu ogaadaan khatarta caafimaad iyo in dhalinyarada la bartilmaameedsanayo si shirkaduhu u faa'iidaan.

Booqo boggayaga internetka www.panmn.org/tubaakada si aad wax uga ogaato sigaarka elektarooniga iyo tubaakada kale.

Wax ka qabashada fikradaha qaldan ee Kusaabsan Waxsoosaarka Tubaakada Cusub

fikradaha qaldan	Xaqiiqooyinka
Sigaarka elektarooniga ah	
"Sigaarka elektarooniga ah wuxuu kaa caawin kara joojinta sigaarka."	Sigaarka elektarooniga ah ma aha aalad joojin sigaarka ay FDA (Maamulka Cuntada iyo Daawada) u ansixisay. ¹ Waxa jira caddayn aan ku fillayn oo taageeraysa u isticmaalka joojinta sigaarka. ²
"Waa kaliya uumi biyood."	Uumiga sigaarka elektarooniga ah waxa kujira nigotiin, biyo culus, formaldehyde iyo kiimikooyin kale oo kansarka keena. Waxyaalo badan oo kujira dareeraha sigaarka elektarooniga ah waa khatar in la neefsado. ³
"Sigaarka elektarooniga aj ma aha tubaako."	Nigotiinta laga helo dareeraha sigaarka elektarooniga ah waxa laga soosaaray dhirta tubaakada. ⁴
"Kuma jirto nigotiin dareeraha sigaarkayga elektarooniga ah."	Xeerarka hadda jira, ma jirto siyaabo lagu ogaanayo inta nigotiin dhab ahaantii ku jirta dareeraha sigaarkaaga elektarooniga ah. ⁵ Heerarka nigotiinta sigaarka elektarooniga ah sida badan waa la qaldaa waxayna tijaabooyin muujinayaan in dareerayaasha sigaarka elektarooniga ah qaarkood oo lagu calaamadiyo "nigotiin ma leh" ay nigotiin kujirto. ⁶
"Anigu kaliya waan kabbaday, waligay ma cabbin."	Inta badan sigaarka elektarooniga ah waxaa kujira nigotiin, taas oo ah daroogo aad loola qabatimo oo waliba dhallinyartu si gaar ah ugu nugul yihiin. ⁷ Waa suurogal in la noqdo qaar la qabatimay nigotiinta xiitaa dhawr isticmaal kadib. Daraasado ayaa muujinaya in dhallinyarta isticmaasha sigaarka elektarooniga ah sidoo kale isticmaalaan sigaarka caadiga ah iyo waxsoosaarka kale ee tubaakada. ⁸
Shiishadda	
"Biyaha kujira shiishaddu waxay reebaan sunta."	Biyaha la isticmaalo ee shiishaddu ma reebaan ama saaraan sunta kujira qiica. Qiica shiishadda waxa kujira xaddiyo badan oo sun ah sida daamur, kaarboon mono-ogsaydh, iyo kiimikooyin kansarka keena. ⁹
"Shiishaddu way ka ammaan badan tahay sigaarka."	Shiishadda cabbisteedu waxay haliso caafimaad oo badan la wadaagtaa sigaarka cabbista. Cabbista shiishadda muddo hal saac ah waxay uga dhigan tahay isticmaalayaasha inay cabbeen 100-200 oo sigaar ah. ¹⁰ Dhuxusha gubanaysa ee shiishadda loo isticmaalo sidoo kale waxay kordhisaa halisaha caafimaad. ⁹
Sigaarka Menthol	
"Menthols ma aha mid kuugu xun sida sigaarka caadiga ah."	Sigaarka menthol wuxuu la wadaagaa dhammaan halisaha caafimaad sigaarka bilaa menthol-ka ah. Waxa kale oo ay kordhiyaan qabatinka waxaana ku adkaada qofka inuu joojiyo. ¹¹

Cigars	
"Cigars ma aha mid qabatinkeedu u daran yahay sida sigaarka ah."	Tubaakada kujirta cigars-ka waxa kujirta nigotiin la mid ah ta kujirta tubaakada sigaarka. Nigotiintu waa daroogo aad loola qabatimo, waxaana laga yaabaa dhallinyartu inay la qabatimaan dhawr isticmaal kadib. ⁸
"Cigars-ku waa ka ammaan badan yihiin sigaarka."	Cigars-ku kama ammaan badna sigaarka. Cigars-ka waxa kujira waxyaalaha xagga qabatinka, sunta iyo keenista kansarka laga helo sigaarka caadiga ah. ¹²
Waxsoosaarka Tubaakada ee la Carfiyey	
"Waxsoosaarka tubaakada ee la carfiyey way ka ammaan badan yihiin waxsoosaarka tubaakada ee aan la carfin."	Waxsoosaarka tubaakada ee la carfiyey waxay leeyihiin dhammaan halisaha caafimaad ee waxsoosaarka tubaakada ee aan la carfin. Waxay sidoo kale sahlaan bilaabista sigaar cabbista. ¹³

¹ US Department of Health & Human Services (n.d.). Electronic Cigarettes. Retrieved from <https://betobaccofree.hhs.gov/about-tobacco/Electronic-Cigarettes/>

² Hartmann-Boyce J, McRobbie H, Bullen C, Begh R, Stead LF, Hajek P. Electronic cigarettes for smoking cessation. *Cochrane Database of Systematic Reviews* 2016, Issue 9. Art. No.: CD010216.

³ Smith, L., Brar, K., Srinivasan, K., Enja, M. & Lippmann, S. (2016). E-cigarettes: How "safe" are they?. *Journal of Family Practice*, 65(6), 380-385.

⁴ American Lung Association. (2016). E-cigarettes and Lung Health. Retrieved from <http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html>

⁵ U.S. Food & Drug Administration. (2016). The Facts on the FDA's New Tobacco Rule. Retrieved from <http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm506676.htm>

⁶ Buettner-Schmidt, K., Miller, D. R., & Balasubramanian, N. (2016). Electronic Cigarette Refill Liquids: Child-Resistant Packaging, Nicotine Content, and Sales to Minors. *Journal of Pediatric Nursing*, 31(4), 373-379.

⁷ Minnesota Department of Health. (2015). Health Advisory: Nicotine Risks for Children and Adolescents. Retrieved from: http://www.health.state.mn.us/divs/hpcd/tpc/topics/nicotine_docs/2015nic_advisory.pdf

⁸ U.S. Department of Health and Human Services. E-Cigarette Use Among Youth and Young Adults. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2016.

⁹ Aljarrah, K., Ababneh, Z. Q., & Al-Delaimy, W. K. (2009). Perceptions of hookah smoking harmfulness: predictors and characteristics among current hookah users. *Tobacco Induced Diseases*, 5(1), 16.

¹⁰ World Health Organization Study Group on Tobacco Product Regulation. (n.d.). Waterpipe Tobacco Smoking: Health Effects, Research Needs and Recommended Actions by Regulators. Retrieved from http://www.who.int/tobacco/global_interaction/tobreg/Waterpipe%20recommendation_Final.pdf?ua=1

¹¹ Tobacco Products Scientific Advisory Committee. (2011). Menthol cigarettes and public health: Review of the scientific evidence and recommendations. Retrieved from <http://www.fda.gov/downloads/AdvisoryCommittees/Committees-MeetingMaterials/TobaccoProductsScientificAdvisoryCommittee/UCM269697.pdf>

¹² J. Taylor Hays, M.D. (n.d.). Is cigar smoking safer than cigarette smoking?. Retrieved from <http://www.mayoclinic.org/healthy-lifestyle/quit-smoking/expert-answers/cigar-smoking/faq-20057787>

¹³ King, B. A., Tynan, M. A., Dube, S. R., & Arrazola, R. (2014). Flavored-Little-Cigar and Flavored-Cigarette Use Among U.S. Middle and High School Students. *Journal of Adolescent Health*, 54(1), 40-46.

Waa maxay sigaarka elektarooniga ah?

Loogu talagalay Waalidiinta iyo Daryeelayaasha

Sigaarka elektarooniga ah waa aalad beytari ku shaqaysa oo loogu talagalay inay u soosaarto nigotiin, car fiyayaal iyo kiimikooyinka kale dadka isticmaala. Sigaarka elektarooniga ah wuxuu ku shaqeeyaa kulaylinta dareere, kaas oo abuuraya uumi dadka isticmaala sigaarka elektarooniga ah neefsadaan. Uumiga waxa kujira nigotiin iyo car fiyayaal.

Sigaarka elektarooniga ah waxaa sidoo kale laga yaabaa in loo yaqaan e-cigs, vaporizers, vungs ama e-hookahs. Istimalka sigaarka elektarooniga waxa loo yaqaanaa nuugid. Dareeraha sigaarka elektarooniga ah uu kululeeyo waxa loo yaqaan dareeraha sigaarka elektarooniga ah ama juuska sigaarka elektarooniga ah. Sigaarka elektarooniga ah ayaa noqonaya mid caan ah, gaar ahaan dhallinyarta dhexdeeda.

Maadaama sigaarka elektarooniga ah ma arkii ugu horraysay la iibiyey 2007, saynisyahanadu wali ma ogaanin saamaynta caafimaad ee muddada dheer ee sigaarka elektarooniga ah. Inkastoo sigaarka elektarooniga ah uu u muuqan karo mid ka khatar yar sigaarka caadiga ah, sigaarka elektarooniga ah ayaa wali ah ahaan kara mid lala qabatimo oo waxyeelana u gaysan kara caafimaadkaaga.

Sigaarka elektarooniga ah wuxuu ku yimaadaa qaabab iyo xajmiyo badan

Sigaarka elektarooniga ah wuxuu ku yimaadaa qaabab, xajmiyo iyo midabbo badan. Sigaarka elektarooniga ah wuxuu abuuraa ur aan ka yarayn ta sigaarka caadiga ah, taasi oo ka dhigtay mid adag in la ogaado haddii qofi isticmaalayo.



Sawirka waxa leh: Maamulka Cuntada iyo Daawada ee Maraykanka

Uumiga sigaarka elektarooniga ah waxa kujira kiimikooyin kansar keena

Dad badan ayaa aaminsan in uumiga sigaarka elektarooniga ah uu yahay "uumi biyood aan waxyeelo lahayn." Tani run ma aha. Uumiga sigaarka elektarooniga ah waxa kujira nigotiin, biyo culus, formaldehyde iyo kiimikooyin kale oo kansarka keena. Waxyaalo badan oo kujira dareeraha sigaarka elektarooniga ah waxay khatar ku yihiin neefsato sambabadaada.

Nigotiin waa mid aad loola qabatimo

Nigotiintu waa daroogo aad loola qabatimo. Marka dadku cabbaan ama nuugaan, nigotiintu waxay gashaa dhiig-mareenka waxayna kadib u gudubtaa maskaxda. Marka dadku la qabatimaan nigotiinta maskaxdoodu waxay u baahan nigotiin badan, taasi oo horseedda isticmaalka oo bata.

Nigotiintu waxay dhaawici kartaa korriinka maskaxda ee dhallinyarta

Ma jirto xaddi nigotiin ah oo ammaan u ah dhallinyarta. Maskaxdaha aadanuhu waxay martaa wakhti korriin oo muhiim ah muddada dhallinyarnimada lagu jiro. Muddadan, waxa u fududaan kara carruurta iyo dhallinyarta inay la qabatimaan nigotiinta. La kulanka nigotiinta inta lagu jiro da'da dhallinyarta waxay sababi kartaa dhibaatooyin waxbarashada, xusuusta iyo soo-jeedinta dareenka. Isticmaalka sigaarka elektarooniga ah waxay dhalin kartaa dhalinyartu inay isticmaasho waxsoosaarka kale ee tubaakada, sida sigaarka, kaasi oo ay kujirto nigotiin.

Sigaarka elektarooniga ah wuxuu beegsadaa dhallinyarta

Dareeraha sigaarka elektarooniga ah wuxuu ku yimaaddaa ca rafyo iyo macaan soo jiita dhallinyarta.

E-Cidda sigaarka samaysaa waxay ku beegsataa xayeysiiskooda dhallinyarta. Tusaalayaal waxa ah ku soosaarista xayeysiiska jaraa'iddada dhallinyarta ee caanka ah, iyagoo u isticmaalaya dad caan ah xayeysiisyada, iyagoo isticmaalaya sawirro jinsiga la xidhiidha iyo iyagoo qabanaya masraxyo ay dhigaan muusigyahanno ay dhallinyartu jecel yihiin.

Kala hadal dhallinyarta noloshaada

Kala hadal dhallinyarta noloshaada kusaabsan isticmaalka sigaarka elektarooniga ah.

- Ugu sheeg dhallinta si daacad ah iyo si toos ah in aadan rabin inay isticmaalaan sigaarka elektarooniga ah
- U sharrax dhallinyarta in sigaarka elektarooniga ah uu waxyeelo u gaysanayo caafimaadkooda
- U sharrax dhallinyarat in nigotiinku yahay daroogo aad loola qabatimo

- Kala hadal siyaabo looga jawaabayo cadaadiska assaaga ee isticmaalka sigaarka elektarooniga ah
- Ku dhiirigeli dhallinyarta inay ka fogaadaan asxaabta aan u ixtiraamaynin sababaha ayna u isticmaalaynin sigaarka elektarooniga ah
- Haddii aad ar agto dhallinyar isticmaalaysa sigaarka elektarooniga ah, ka fogow hanjabaadaha; taas beddelkeeda, waydii su'aalo oo og ow sababta ay u isticmaalayaan sigaarka elektarooniga ah
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Uurka iyo Sigaarka Elektarooniga ah

Isticmaalka sigaarka elektaroonigga ah inta aad uurka leedahay waxay dhaawici kartaa uurjiifkaaga.

Sigaarka elektarooniga ah ayaa waxyeelayn kara carruurta aan dhalan

Maadaama sigaarka elektarooniga ah uu cusub yahay, khabiiradau ma garanayaan dhammaan waxyeelooyinka sigaarka elektarooniga ah ku sababi karo in uurjiifta. Isticmaalka sigaarka elektarooniga ee leh ama aan lahayn nigotiin wuxuu dhaawici karaa habdhiska dareenka uurjiiftaada, taasi oo horseedi karta dhibaato

xagga waxbarashada iyo xusuusta. Kiimikooyinka la og yahay inay waxyeello u gaystaan dumarka iyo uurjiifyadooda koraya ayaa laga helaa uumiga sigaarka elektarooniga ah.

Sigaarka elektarooniga ah waxaa kujira nigotiin

Waqtigan la joogo, waxyaalaha kujira dareerayaasha sigaarka elektarooniga ah lama xukumo. Ma jiraan siyaabo lagu ogaanayo qadarka kiimikooyinka dareerayaasha sigaarka elektarooniga ah kujira, oo ay kujirto nigotiin. Dareerayaasha sigaarka elektarooniga ah ee suuqa lagu galiyo inay bilaa nigotiin yihiin waxa la ogaaday inay nigotiin kujirto. Haweenka uurka leh waa inaysan isticmaalin noocnaba nigotiinta.

Nigotiintu waxay waxyeelo gaadhsisaa carruurta aan dhalan

Nigotiintu waa daroogo aad loola qabatimo taasi oo waxyeesha dumarka uurka leh iyo uurjiifyadooda koraya. Nigotiintu waxay ku keeni kartaa ilmuhu inuu dhasho xilli hore ama isagoo aad u yar. La kulanka nigotiin kahor dhalashada waxay dhaawici kartaa korriinka maskaxda iyo sambabka carruurta. Ma jiro heer ammaan ah oo nigotiin ah oo loogu talagalay haweenka uurka leh, dhallaanka ah ama carruurta.

Sigaarka elektarooniga ah lama caddayn inuu caawiyo joojinta cabbista sigaarka

Sigaarka elektarooniga ah lama caddayn inuu ka caawiyo dadka inay joojiyaan cabbista sigaarka loomana ansixin inuu yahay qaab loo joojiyo cabbistiisa marka la eego Maamulka Cuntada iyo Daawada. Haddii aad isku dayeyso inaad joojiso cabbista sigaarka ama aad isticmaasho sigaarka elektarooniga ah, kala hadal dhakhtarkaaga inaad abuurtaan qorshe kaasi oo ammaan u ah adiga iyo uurjiiftaada koraysa.



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Shiishadda

Shiishaddu waa qasabad biyood oo loo isticmaalo in lagu cabbo tubaako. Tubaakada loo isticmaalo shiishadda waxaa loo yaqaan shisha. Shisha waa isku dhaf dhag-dhag leh oo ah tubaako, molaas, iyo carfiyayaal kale sida tufaaxa, shukulaatada ama minti. Tubaakada waa la kululeeyaa iyadoo la isticmaalayo dhuxul. Isticmaalka shiishaddu wuxuu ka bilawday qarniyo kahor Beershiya iyo Hindiya. Waxaa jiray kor u kac isticmaalka shiishadda aduunka oo dhan dhawaanahan, gaar ahaan dhalinyarta iyo ardayda kuuliyadda.

Qiica shiishadda waxaa ku jira nigotiin

Shiishadda waxa kujira nigotiin, taasi oo ah daroogo aad loola qabatimo. Cabbista shiishaddu waxay leedahay xaddiga nigotiinta ee cabbista sigaarku leedahay. Dhallinyartu aad ayey ugu nugul yihiin qabatinka nigotiinta sababtoo ah maskaxdooda ayaa wali koraysa. Isticmaalka nigotiin dhallinyar ahaan waxay keeni kartaa dhibaatooyin xagga waxbarashada, xasuusta iyo soo-jeedka dareenka.

Qiica shiishaddu waa sun

Qiica shiishadda waxa kujira xaddiyo badan oo sun ah sida daamur, kaarboon mono-ogsaydh, iyo kiimikooyin kansarka keena. Dhuxusha loo isticmaalo in lagu kulayliyo tubaakada shiishadda dhexdeeda waxay abuurtaa qiic uu kujiro kaarboon mono-ogsaydh aad u badan. Dadka shiishadda cabbaa waxay halis ugu jiri karaan cudurro la mid ah kuwa sigaar cabbayaasha sida:

- Cudurka wadnaha
- Kansarka afka
- Kansarka sambabada
- Kansarka caloosha
- Kansarka cunaha
- Cudurka sambabada
- Shaqada sambabada yaraada



Shisha

Cabbista shiishaddu kama ammaan badna cabbista sigaarka

Dad badan ayaa qaba in cabbista shiishaddu ay ka ammaan badan tahay cabbista sigaarka. Tani run ma aha. Shiishadda cabbisteedu waxay haliso caafimaad oo badan la wadaagtaa sigaar cabbista.

Biyaha shiishadda kujiraa ma ree baan ama ma saaraan sunta kujirta qiica tubaakada.

Fadhiyada cabbista shiishaddu sida badan way ka badan yihiin kuwa cabbista sigaarka waxaana suurogal ah in dadka cabbaa ay neefsadaan in ka badan kana qoto dheer inta dadka sigaarka cabba.

Tan awgeed, dadka shiishadda cabbaa waxay la kulmaan kaarboon mono-ogsaydh iyo qiic ka badan inta dadka sigaarka cabba. Dadka shiishadda cabbaa waxay nuugi karaan sun ka badan inta dadka sigaarka cabba. Shiishaddu ma **aha** beddel ammaan ah.

Fadhiga caadiga ah ee 45 daqiiqo ee shiishaddu wuxuu ka dhigan yahay cabbista 100-200 oo sigaar ah.

Habka ugu wanaagsan ee aad ku ilaalin karto caafimaadkaaga waa inaad joojiso isticmaalka shiishadda. Qiica gacanta labaad ee shiishaddu sidoo kale wuu halis badan yahay, markaa waxa ugu fiican in laga dheeraado fadhiyada shiishadda iyo meelaha kale ee shiishadda lagu cabbo. Marna ha ku isticmaalin shiishadda agagaarka carruurta.



Shisha waxa dusha laga saaraa maddeebad ay dhuxulo kulul dusha ka saaran yihiin

Dadka isticmaala shiishadda qiicu wuxuu u soo maraa dhuun

maddeebadda hoose waxa ka buuxa biyo