



UNIVERSITY HEALTH CLINIC HEALTH ADVISORY

SMOKING IS DANGEROUS TO YOUR HEALTH.

The dangers of e-cigarettes



Negative effects on cardiovascular and respiratory health



Possible injuries, including burns from explosions



Damage to the growing foetus of pregnant users



Accidental ingestion of e-liquid causing possible poisoning of children



Exposure to second-hand aerosols that contain nicotine, particulate matter (such as ultrafine particles) and other harmful substances

DON'T LET TOBACCO TAKE YOUR BREATH AWAY



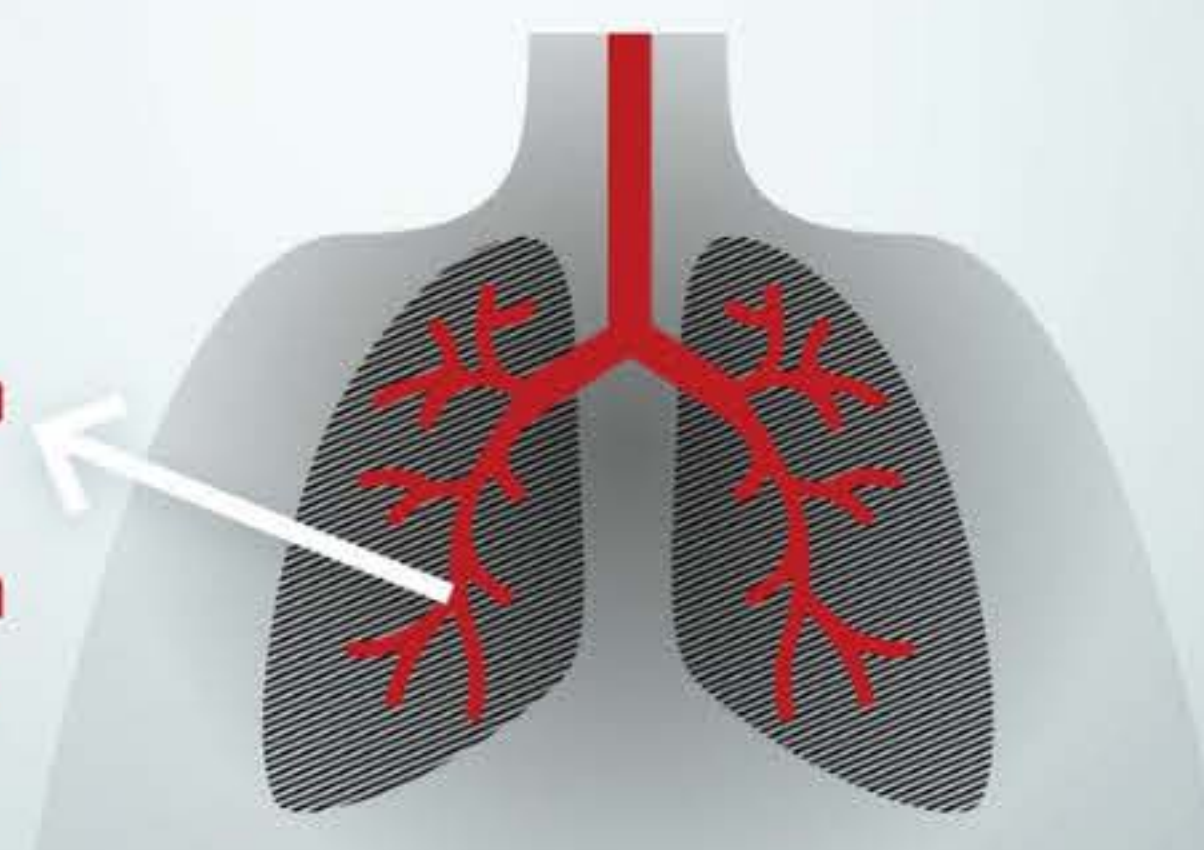
normal



asthma



asthma attack



Children who breathe **second-hand smoke** are more likely to develop **asthma** and experience frequent and more severe asthma attacks.

#UHCares

Source: DOH & WHO
HEALTH ADVISORY



Trunkline: (046) 416 4531

★ UHC WEST (GMH 114) loc no: 3039
Mon-Thurs 7:00 am - 6:00 pm; Fri 7:00 am - 5:00 pm; Sat 8:00 am - 5:00 pm

★ UHC EAST (JFH 108) loc no: 3100
Mon - Thurs 10:00 am - 8:00 pm; Fri 11:00 am - 8:00 pm

★ UHC HS CLINIC loc no: 3304
Mon - Fri 7:00 am - 7:00 pm



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