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ᓇᓗᓇᐃᖅᓯᔾᔪᑎ

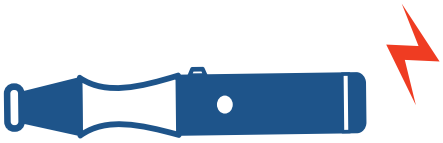
ᓯᒡᒐᓛᙵᐊᖅ ᐳᔫᖅᑎᑕᖅ ᒪᒃᑯᒃᑐᑦᓗ

ᑭᓱᕙ ᓯᒡᒐᓛᙵᐊᖅ ᐳᔫᖅᑎᑕᖅ?

ᓯᒡᒐᓛᙵᐊᖅ ᐳᔫᖅᑎᑕᖅ ᐅᕙᕙᓗᓐᓃᑦ ᓯᒡᒐᓛᙵᐊᖅ ᐊᔾᔨᒌᙱᑦᑐᔭᖅᑐᑦ ᐊᖏᑦᑏᔭᑎᓗ.

ᑕᒪᕐᒥᒃᓴᒃ ᐹᑕᓛᒧᖅᑐᑦ, ᐊᐅᒪᖅᑲᖅᓗᓂ ᐃᒪᒃᑯᕕᖅᑲᖅᓗᓂᓗ.

ᓯᒡᒐᓛᙵᐊᖅ ᐳᔫᖅᑎᑕᖅ ᐃᒪᖓ, ᐅᕙᕙᓗᓐᓃᑦ e-juice–ᙵᓂᕋᖅᑕᐅᔪᖅ, ᐆᓇᖅᓯᑎᑕᐅᕙᒃᐳᖅ ᑎᖏᑳᕈᑎᑕᐅᖅᓗᓂ, ᐃᓄᖕᒍᑦ ᓂᐅᖅᑕᐅᕙᒃᑐᖅ.



ᓱᕈᕐᓇᕐᓂᖅᓴᐅᔪᖅ ᑎᐱᖅᑐᐃᓐᓇᙵᑦᑐᖅ ᑎᖏᑳᖅᑕᖓ. ᓱᓕᔪᑦ: ᓯᒡᒐᓛᙵᐊᖅ ᐳᔫᖅᑎᑕᖅ ᑎᖏᑳᕈᑎ ᐃᓚᖅᑲᖅᐳᖅ ᐅᓄᙵᑭᓐᓂᖅᓴᓂᒃ ᐃᓚᐅᕈᑎᒃᓴᓂᒃ ᑎᐹᒃᒥᑦ, ᓱᓕ ᐊᑦᑕᕐᓇᖅᐳᖅ.

ᑭᓱᓂᒃ ᐃᓗᓕᖅᑲᖅᐸ ᓯᒡᒐᓛᙵᐊᖅ ᐳᔫᖅᑎᑕᖅ?

ᓯᒡᒐᓛᙵᐊᖅ ᐳᔫᖅᑎᑕᖅ ᐃᓗᓕᖅᑲᖅᐳᖅ ᐊᑦᑕᕐᓇᖅᑐᓂᒃ ᐃᓚᐅᕈᑎᒃᓴᓂᑦ:

- **ᑕᕝᕙᑭᒦᑦᑐᑦ ᐅᐃᓇᓐᓇᖅᑐᑦ** – ᐅᐃᓇᓐᓇᓕᓇᒃᑐᑦ, ᐊᒃᑐᐃᓕᓗᓂ ᒪᒃᑯᒃᑐᑦ ᖃᕋᓴᙱᑦᑕ ᐱᕙᓕᓕᐊᓂᙱᓐᓄᑦ, ᓯᒡᒐᓛᙵᐊᖅ ᐳᔫᖅᑎᑕᖅ ᐃᓚᖅᑲᓇᕗᑦ ᓱᕋᙱᓇᖅᑐᓂᒃ
- **ᒥᑭᑦᑐᑯᓗᐃᑦ ᐃᓚᐅᕈᑎᒃᓴᖅ** – ᓂᐅᖅᑕᐅᕙᒃᑐᖅ ᐳᕙᖕᒍᑦ ᐋᓐᓂᕈᑕᐅᑦᓗᓂ
- **ᑎᐱᑎᕈᑎᓖᑦ ᐃᓚᐅᕈᑎᒃᓴᖅ** – diacetyl, ᐊᒃᑐᐊᓂᖅᑲᖅᑐᖅ ᐅᓗᓇᐊᓐᓇᖅᑐᒥᑦ ᐳᕙᒃᑯᑦ ᐋᓐᓂᐊᖅᑖᕈᑕᐅᓯᖅ ᑕᐃᔭᐅᔪᖅ “popcorn lung–ᒥᑦ”
- **ᑐᕐᑯᓐᓇᖅᑐᑦ ᐃᓚᐅᕈᑎᒃᓴᑦ ᓱᕐᓗ**:
- **Qajangnaqtut hivuuranaqtut imaittunik**:
  - ᐃᓚᐅᕈᑎᒃᓴᖅ Propylene glycol – ᓇᓂᔭᐅᔪᓐᓇᖅᑐᖅ ᒥᒍᕈᑎᓂᑦ
  - ᐃᓚᐅᕈᑎᒃᓴᖅ Diethylene glycol – ᓇᓂᔭᐅᔪᓐᓇᖅᑐᖅ ᖁᐊᔭᐃᒃᑯᑎᒥ
  - ᐃᓚᐅᕈᑎᒃᓴᖅ Benzene – ᓇᓂᔭᐅᔪᓐᓇᖅᑐᖅ ᓄᓇᓯᐅᑎᐅᑉ ᐳᔪᙱᓐᓂ
  - ᐊᒃ ᐃᓚᐅᕈᑎᒃᓴᖅ Acrolein – ᓇᓂᔭᐅᔪᓐᓇᖅᑐᖅ ᐱᕈᖅᑐᓂ ᑐᖁᕋᐃᕙᒃᑐᓂ
- **ᐋᓐᓂᐊᖅᑖᕐᓇᖅᑐᖅ ᐃᓚᐅᕈᑎᒃᓴᖅ** – acetaldehyde, formaldehyde
- **ᓴᕕᕋᔭᐃᑦ** – ᐃᓚᖅᑲᖅᑐᖅ cadmium, nickel, tin ᐊᒻᒪᓗ lead, ᐊᒃᑐᐊᓂᖅᑲᖅᑐᑦ ᐋᓐᓂᐊᙵᕙᒃᑐᓄᑦ ᐃᓱᒪᒧᑦᓗ ᐋᓐᓂᕈᑕᐅᔪᓐᓇᖅᑐᓂ

References
For a list of references, email tobacco@gov.nu.ca

Revised January 2026

ᓄᓇᕗᒻᒥᐅᑦ ᓄᖅᑲᓕᖅᐳᑦ
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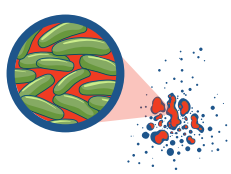
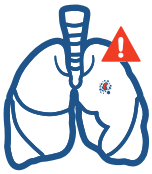
ᓯᒡᒐᓛᙵᐊᖅ ᐳᔫᖅᑎᑕᖅ ᒪᒃᑯᒃᑐᓪᓗ

ᓯᒡᒐᓕᐊᙵᐊᖅ ᐳᔫᖅᑎᑕᖅ ᐱᐅᔪᓐᓃᖅᑎᑦᑎᔪᓐᓇᖅᐳᖅ ᐳᕙᒃᑯᑦ

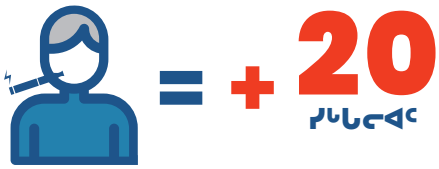
- ᒥᑭᑦᑐᑯᓗᐃᑦ ᐃᓚᐅᕐᕈᑎᒃᓴᐃᑦ ᓯᒡᒐᓛᙵᐊᑦ ᐳᔫᖅᑎᑕᖅ ᓂᐅᖅᑕᐅᔪᑦ ᐳᕙᓐᓄᑦ. ᐳᕙᒃᑯᑦ ᐋᓐᓂᐊᙱᓐᓇᓕᕈᑕᐅᔪᓐᓇᖅᐳᖅ.
- ᑕᒪᓐᓇ ᐊᙱᒡᓕᒋᐊᖅᑎᑦᑎᕗᖅ ᐊᑦᑕᕐᓇᖅᑐᓂᒃ ᐆᒪᒪᑎᒃᑯᑦ ᐳᕙᒃᑯᓪᓗ ᐋᓐᓂᐊᕆᔭᐅᕙᒃᑐᓂ, ᐊᒻᒪᓗ ᐊᓂᖅᓴᖅᑐᑦᑎᐊᕈᓐᓃᕐᓗᓂ. ᐊᒃᑐᐊᓂᖅᑎᕗᑦ ᖃᓄᖅ ᐳᕙᒃᑯᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓂᕐᒧᑦ.





ᑕᕝᕙᑭᒦᑦᑐᑦ ᐅᐃᕆᓐᓇᖅᑐᖅ ᓯᒡᒐᓛᙵᐊᖅ ᐳᔫᑎᑦᓃᑦᑐᑦ

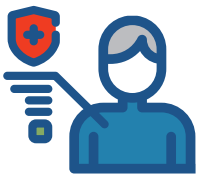
- ᑕᕝᕙᑭᒦᑦᑐᑦ ᐅᐃᕆᓐᓇᖅᑐᖅ ᐅᐃᕆᓐᓇᓕᕆᒃᑐᑦ ᐊᒻᒪᓗ ᐊᑐᕈᓐᓃᖅᐸᓪᓕᐊᓂᕐᒧᑦ ᖃᐅᔨᔭᔪᑕᐅᔪᓐᓇᖅᑐᑦ ᖁᕕᐊᓐᓇᙱᑦᑑᔪᓐᓇᖅᓗᓂ.
- ᑕᕝᕙᑭᒦᑦᑐᑦ ᐅᐃᕆᓐᓇᖅᑐᑦ ᐋᓐᓂᕈᑕᐅᔪᓐᓇᖅᐳᖅ ᖃᑦᓴᐅᑉ ᐱᕈᖅᐸᓪᓕᐊᓂᖅᑭᓐᓄᑦ.
- ᐊᔪᓐᓇᓂᖅᓴᐅᕗᖅ ᐅᔨᔨᖅᓱᑦᑎᐊᕐᓂᕐᒧᑦ, ᐃᓚᓐᓂᐊᕐᓂᕐᒧᑦ ᐊᒻᒪᓗ ᐊᒃᑐᐃᓂᖅᑲᖅᓗᓂ ᐃᒃᐱᑎᔭᕐᓂᒃ ᐃᖅᑲᐅᒪᔪᓐᓇᕐᓂᕐᒧᓗ.
- ᒪᒃᑯᒃᑐᑦ ᑕᕝᕙᑭᒦᑦᑐᑦ ᐅᐃᕆᓐᓇᖅᑐᑦ ᐅᐃᕆᓴᕐᐃᓐᓂᖅᓴᐅᕗᑦ ᐊᓯᖏᓐᓄᑦ ᓱᕋᖕᓇᖅᑐᓂᒃ.



ᓱᓕᔪᑦ: ᓯᒡᒐᓛᙵᐊᑦ ᐳᔫᖅᑎᑕᖅ ᐊᑦᑕᕐᓇᖅᐳᑦ. ᒪᒃᑯᒃᑐᑦ ᓯᒡᒐᓛᙵᐊᓂᒃ ᐳᔫᖅᑎᑦᑎᓱᑦ ᓱᐳᖅᑐᖅᑕᑦᑕᓕᕋᔪᖕᓂᖅᓴᐅᕗᑦ. ᓯᒡᒐᓛᙵᐊᑦ ᐳᔫᖅᑎᑕᖅ ᐊᒥᓱᓂᒃ ᐊᔾᔨᒃᓴᖏᓐᓂᒃ ᐋᓐᓂᐊᖅᑭᓐᓇᖅᑐᑦᑐᓕᕆᓂᕐᒧᑦ ᐅᓗᐊᓇᖅᑐᖅᑲᖅᐳᑦ ᓱᐳᖅᑐᖅᑕᑦᑐᑎᑐᑦ. ᒪᒃᑯᒃᑐᑦ ᐊᒻᒪᓗ ᓱᖕᒐᐃᔪᑦ ᐊᑦᑕᕐᓇᖅᑐᒦᓂᖅᓴᐅᔪᑦ ᐋᓐᓂᐊᖅᑮᕐᓂᕐᒧᑦ ᓯᒡᒐᓛᙵᐊᑦ ᐳᔫᖅᑎᓴᕐᓄᑦ.

ᑎᒥᒧᑦ ᐊᒃᑐᐃᔭᔪᑕᐅᓯᒃᐅᑎᑎᓱᑦ

- ᓂᐊᖅᑯᐃᑦ–ᐅᕈᖅᑯᔨᔪᑯᓗᓕᖅᐸᑦ
- ᐃᔨᒃᑯᑦ ᑐᖅᓗᐊᒃᑯᑦ ᐊᒃᑦᕆᙱᑦᓗᑎᑦ
- ᓂᐊᖅᑯᙵᒃᑕᙵᓂᖅ
- ᐅᐃᔭᔭᙵᓂᖅ
- ᖁᐃᖅᓱᒃᑕᒃᑯᕕᑦ
- ᐊᓂᖅᓂᕈᓪᓗᓂ
- ᖁᑦᑎᒃᓯᓯᒪᔪᑦ ᐊᐅᑉ ᓱᙵᔭᖅᓂᖓ ᐆᒪᒪᑎᐅᓪᓗ ᑎᑦᓕᖅᓂᖓ



ᓯᒡᒐᓛᙵᐊ ᐳᔫᖅᑎᑐᖅ ᐅᕙᓂ ᐃᓂᖅᑲᙱᓕᖅ

ᐱᐅᓛᙵᔪᖅ ᓱᐳᖅᑐᖅᑲᑦᑕᖅᓂᕐᒥᒃ ᓄᖅᑲᖅᓗᓂ ᐊᑐᖅᓗᓂ ᑕᕝᕙᑭᒦᑦᑐᑦ ᐅᐃᕆᓐᓇᖅᑐᓄᑦ ᐃᓇᖏᔭᔪᑎᒥᒃ ᐅᕝᕙᓗᓐᓂᑦ ᐆᔭᒐᓂᒃ ᑐᑭᓕᐅᕆᓗᒋᑦ Champix ᐊᒻᒪᓗ ᐃᓅᓯᓕᕆᔭᐅᓂᖅ.

ᓯᒡᒐᓛᙵᐊᖅ ᐳᔫᖅᑎᑕᖅ ᐊᙱᖅᑕᐅᓯᒪᙱᑦᑐᖅ ᑲᓇᑕᒥ ᓄᖅᑲᖅᓂᕐᒧᑦ ᐃᑲᔫᑎᓄᑦ. ᖃᐅᔨᒋᐊᖅᑕᐅᒍ ᐋᓐᓂᐊᖅᑕᐅᒃ ᐅᕝᕙᓗᓐᓂᑦ ᓄᓇᓕᖕᓂᑦ ᐆᔭᒐᖅᑮᖅᑕᐊᖅᓗᓂᒃ ᑕᕝᕙᑭᒦᑦᑐᖅ ᐅᐃᕆᓐᓇᖅᑐᖅ ᓂᐱᑎᒐᖅᓄᑦ, ᑕᒧᐊᑦᑐᐊᖅ, ᐅᖅᑯᒻᒥᐊᒐᓄᑦ, ᓂᐅᖅᑕᒐᐃᑦ ᐊᒻᒪᓗ ᖃᓂᕐᒧᑦ ᑎᖕᒥᑲᕈᑎᑦ ᐊᑭᖃᙱᑦᓗᑎᒃ. ᐅᖅᑲᖅᑎᑦᓗᒍ ᓗᒃᑮᖅ, ᐃᓗᐊᖅᓴᐃᔨ ᐅᕝᕙᓗᓐᓂᑦ ᓄᓇᓕᖕᓂᑦ ᐋᓐᓂᐊᖅᑲᕐᓇᙱᑦᑐᓕᕆᓂᕐᒧᑦ ᑭᒡᒐᖅᑐᐃᔨᒧᑦ.

ᓄᖅᑲᖅᓂᕐᒧᑦ ᐅᖅᑳᕝᕙᓐᓂᖅᑲᖅ ᖃᐅᔨᒋᐊᖅᑕᐅᒍ
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References
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