

## Special Article

# Health Concern in Electronic Cigare

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Recently, there are published articles on health concern among users of electronic cigarettes, which exhibited different understandings. Such phenomenon may lead to prejudice or impractical coping with the strategy of tobacco harm reduction. The authors prepare this article with the modest aim once again at refreshing the following universal regard knowledge:

(1) A cigarette is a small cylinder of finely cut tobacco leaves rolled in a sheet of thin paper, in tobacco or banana leaves. Another definition is a cylinder filled with cubeb (the small, spicy berry of an East Indian shrub of the pepper family) or tobacco or marihuana.

(2) At present, cigarettes are classified into two categories, namely combustible cigarette and non-combustible cigarette or electronic cigarette.

(3) Combustion or burning is a differentiation. While combustible tobaccos release grayish white smoke, electronic cigarettes produce vapor or aerosol mist.

(4) Cigarette smoke from combustion of tobacco contains over 6,000 chemicals, among which about 100 or so are potentially harmful to human health. Exposure to those chemicals (not nicotine) is the cause of smoking-related diseases, such as, chronic bronchitis, chronic obstructive pulmonary disease, and bronchial cancers.

(4) Without combustion, either the nicotine liquid or the heat-not-burn electronic cigarettes contain less toxicants and no tar.

(5) To address the concerns of harm from tobacco smoke, using the less harm e-cigarettes as an additive solution among other tobacco harm reduction strategies for those unwilling to quit smoking would tenably be effective.

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