

Letter to the Editor

Health Concern to Electronic Cigarettes

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Our previous communication on electronic cigarettes and health concern noted that the EC preparations are the culprits to the adverse effects and not a harm-free alternative to tobacco smoke¹. Of note, a more recent study on health outcomes in COPD smokers using heated tobacco products: a 3-year follow-up, on the other hand, report their findings that the long-term health effects of heated tobacco products (HTPs) in COPD patients who abstained from smoking or substantially reduced their cigarette consumption by switching to HTP use, show consistent improvements in respiratory symptoms, exercise tolerance, quality of life, and rate of disease exacerbations. Their findings are in support that e-cigarettes, the heat-not-burn preparations, are beneficial as a tobacco alternative or as a smoking cessation tool.

References

1. Kulkantarakorn K, Bovornkitti S. Health concern in electronic cigarettes. *Asian Med J & Alternat Med* 2021;21:5-6.
2. Polosa R, Morjaria JB, Prosperini U, Busa B, Pennisi A, Gusson G, et al. Health outcomes in COPD smokers using heated tobacco products: a 3-year follow-up. *Intern & Emerg Med* 2021;16:687-96.