

Deep Truth about Electronic Cigarettes

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Tobacco cigarette smoking has well-documented adverse health effects. Due to difficulty in quitting smoking, harm reduction products with armamentarium comprising of nicotine patches, lozenges, nasal sprays and prescription medications have been developed. Electronic cigarette has lately been implied and adopted for such purpose.

Unfortunately the topic of electronic cigarettes remains controversial especially that the global population at large remains unaware of what electronic cigarettes are. Electronic cigarettes have two categorizations, i.e. the nicotine liquid and the heat-not-burn tobacco-leaf. Hence, the author decided to study the published papers to provide an analysis of available research on the health related impacts associated of electronic cigarettes.

One hundred and seven papers were scanned and reviewed on aspect pertaining to the health-related issues of electronic cigarettes and the potential dangers. Our focus for this review was to show that toxicants in electronic cigarettes are much lower than that of tobacco cigarettes. As stated in most articles, e-cigarettes do appear to produce lower levels of toxicants than traditional cigarettes based on the literature. Although there is potential risk from toxic components, it was near conclusive that the levels were lower, particularly of VOC exposure, thus leading to a reduction of chronic illnesses.

On conclusions, electronic-cigarettes notably the heat-not-burn are less dangerous than conventional cigarettes but not as yet entirely safe.