

Journal Club

Electronic Cigarette: An Alternative to Smoking ?

Somchai Bovornkitti MD, Hon.FRCPE, Hon.MRCP, FRCP, FRACP, Hon.FACP

Fellow of the Academy of Science, The Royal Society, Thailand

Electronic cigarettes are devices that vaporize nicotine-containing liquids, aiming at an alternative to conventional cigarettes. However, these devices are still the subject regarding their effects on health and their regulation. Several clinical trials and statistic data point to impacts of e-cigarettes on lung health as well as the cardiovascular, hormonal and oral systems and cognitive function. It is important that people understand the risks associated with these devices and avoid their use.

Status quo: smoking cessation and avoidance of the use of electronic cigarettes are important measures to improve quality of life.

Reference

1. Amorim VEM, Yokoyama TSB, Maria de Lima Bandeira A, et al. Electronic Cigarette: A safer Alternative to Smoking? *Intern J Health Sci* 2023;3(29):1-8. ISSN2764-0159 DOI 10.22533/at.ed.1593292320043