



## Electronic Smoke

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### Dear Editor-in-Chief

“Cigarette is smoked by 1.1 billion people of the world.” (1) Cigarette is said to be responsible for causing several deaths each yr, however, there is a great percentage of people who want to quit smoking and as a result have tried e-cigarettes. Electronic cigarette is a smokeless tobacco product which was first introduced by China. It is actually an inhaler which rather than burning tobacco, heats up a fluid. This liquid is vaporized, and then inhaled. Over the yr, advantages and disadvantages of e-cigarette smoking regarding health has been a concern for health experts. Conversely, the side effects of using this product have been evident through various researches; E-cigarettes are only becoming famous day by day among the teens and adults (1).

E-cigarettes are quite similar to regular cigarettes in shape and size. As a smoker inhales, the end of e-cigarette glows. When a person breathes out, smoke like cloud is puffed off. E-cigarette contains a heating element, a cartridge for flavoring and a battery which can be recharged. The cost depends on its features and flavors (2).

Although, based on evidence, it has been stated that E-cigarettes are less harmful than regular cigarettes; the nicotine present in the cartridges is obsessive. Once its usage is stopped, a person may start feeling cross, dejected, agitated and nervous. People with co-morbid diseases should avoid using such products as they can trigger heart and lung related diseases. However, that there are free radicals present in e-cigarettes

which are highly toxic and thus damage DNA. This damage may lead to the death of affected cells. E-cigarettes are found to be safer than cigarettes with smoke, their long term possibilities of causing harm are still unknown (3). Health experts have been debating about the pros and cons of smoking E-cigarettes. There have been several studies conducted in order to reduce the diseases caused by tobacco however, it is still no confirmed whether E-cigarettes make any positive contribution in this regard. The Food and Drug Authority analysis suggests that several adverse events caused by the use of e-cigarettes have been reported each yr, which include illnesses such as pneumonia, congestive heart failure, disorientation, seizures, hypotension, and other health problems (3). However, it is believed that some people have found it easy to quit smoking when they started smoking e-cigarettes. According to a recent survey, people who switched to e-cigarettes claim that it is less addictive than regular smoking; it affected their behavior in the way they consume cigarettes. This percentage, nonetheless, is found to be quite low and there’s a need to carry out comprehensive studies related to smoking e-cigarettes (3).

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## References

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