

Miscellaneous

A Devil in Disguise ?

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Smoking tobacco through cigarette use kills around six million people each year worldwide and is one of the biggest public health threads. Electronic cigarette use is marketed as being a healthier substitute to conventional cigarette smoking and is used as a smoking substitute. Some studies have identified hazardous substances in electronic cigarette liquids and emission, there is limited information about the health risks of using the Heat-Not-Burn ECs.

Four hazards (acrolein, diethylene glycol, propylene glycol and cadmium) in EC emissions and seven hazards (acetaldehyde, acrolein, formaldehyde, cadmium, carbon monoxide, 4-(methyl nitrosamino)-1-(3-pyridyl)-1-butanone (NNK), N'-nitrosonornicotine (NNN) in conventional cigarette emissions had maximum exposure levels higher than the guideline levels. Two hazards (acrolein, propylene glycol) in electronic cigarette emissions had average exposure levels higher than the guideline levels.

Hence, based on the conditions of use, electronic cigarettes should be a safer nicotine delivery product than conventional cigarettes. Notes: heat-not-burn tobacco E-cigarette is safer for use than the nicotine-liquid EC.

Documents:

1. Ejaz R, Aelis K, Fazal A, et al. E-Cigarettes: Harmless substitute to Conventional smoking or a devil in disguise. Int Denatal J Students Res 2016; 4(4): 179-83.
2. Chen J, Bullen Ch, Dirks K. A Comparative Health Risk Assessment of Electronic Cigarettes and Conventional Cigarettes. Int. J. Environ Res Pub Hlth 2017; 14:382-7.
3. Foulds J, et al. A Narrative Review of Intensive Group Tobacco TreatmentL Clinical, Research, and US Policy Recommendations. Nicotine & Tobacco Res 2018; <https://outlook.live.com/mail/0/inbox/id/AQMkADAwATY3Z...>