Health Effects Of Electronic Cigarettes

The health effects of Electronic Cigarette are considered debatable globally. While it is still under study and further investigations are needed to conclude about the health risks it may pose, it has been patronized by many nowadays. It is then important for the general public to know the proven good effects and bad effects of electronic cigarettes on health.

Good Effects

Electronic Cigarettes as compared to tobacco and other traditional cigarettes do not possess other harmful chemicals such as tobacco, tar, and other toxins. Nicotine is still present however, leaving the addiction uncompromised. Electronic cigarettes do not emit harmful smoke that causes bad breath and bad odor sticking in clothes and other body parts of the user. Moreover, this causes less irritation to the respiratory system of the user and the people around. Nicotine levels can also be adjusted especially if the user would opt to reduce nicotine intake at a gradual phase- helping him/her to finally quit smoking. Consequently, e-cigs are more socially accepted and can be done at any time and place. As there is no combustion involved, ashes are produced under no circumstances. This makes e-cigs environment friendly and less fire hazard. Users may look into the best e cig reviews to get a hold of the full benefits of using one.

Bad Effects

Even if e-cigs have no tobacco, tar, and other harmful toxins, it still contains nicotine and other chemicals with unknown effects. Nicotine is a known stimulant to the central nervous system. It raises the blood pressure of the user, hence smoking and vaping can be detrimental to users at high risk of any heart disease more so with hypertensive patients. Further, it raises the heart rate and respiratory rate that can pose medical risks as well. Second, preliminary investigation of FDA discovered certain chemicals such as anti-freeze ingredients, acetaldehyde, and formaldehyde

that are considered to be cancer-causing agents. Tin, mercury, lead, cadmium, and nickel which are harmful metals alongside other particulates and nanoparticle were also found in detectable amounts. These nanoparticles and particulates can cause inflammation that can further worsen into chronic diseases particularly of the respiratory system. Lastly are substances used in food flavorings such as additives in cakes, candies, bread, etc. A substance called diacetyl that is used as a popcorn flavoring and glycerin that imparts a sweet taste are both found in e-cigs. They are considered to be safe in foods but little is known regarding their effects once inhaled inside the respiratory tract. Propylene glycol, a food and drug additive also found in e-cigs, were found to cause irritation to the respiratory tract and can worsen chronic respiratory diseases.

Users must always bear in mind that although e-cigs are considered to be safer than traditional tobacco and cigarettes, it may still pose health risks. As to its effect on smoking addiction and quitting, the use of e-cigs may or may not at all help because nicotine levels are subject to the user’s wants and needs and the user has all means to either reduce or increase his/her nicotine intake.