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Are we with e-cigarette as a friend or against it as a foe?

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Abstract

Introduction: Cigarette smoking is the most important cause of avoidable premature mortality in the world and quitting is known to reduce risk of fatal diseases. Electronic cigarettes ("e-cigarettes") are becoming increasingly popular, especially among younger adults, they may be effective aids to smoking cessation. Despite the increasing prevalence of e-cigarette use little is known about their real-world use. The major concerns include the nicotine content and the potential harm due to the high concentrations of propylene glycol, chemicals and other compounds found in the e-cigarette vapor. To our knowledge there are no data on the health effects of acute use of nicotine-free e-cigarettes.

The aim of this study is to evaluate the immediate effect of e-cigarettes vapors on airway mechanics.

Methodology: ٤٠ apparently healthy tried smoking before but not smoker or light smoker individuals divided into ٢ groups. The first group was instructed to "vape" an e-cigarettes with ١٢ mg nicotine filled cartridge and the second group was asked to vape an e-cigarettes with empty cartridge. Pulmonary function tests were assessed pre and post "vaping".

Results: a significant increase in peripheral airway resistance of the first group which vape nicotine filled cartridge.

Conclusions: long-term exposure to e-cigarettes as with cigarette smoking, there is the potential for more permanent changes in lung function.