

عنوان مقاله:

Is vaping a safer alternative to cigarette smoking? A review article

محل انتشار:

چهارمین کنگره ملی و اولین کنگره بین المللی دخانیات و سلامت (سال: 1401)

تعداد صفحات اصل مقاله: 1

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خلاصه مقاله:

Background: Unfortunately, the use of electronic cigarettes, or vapes, has become very popular among teenagers, and there are high concerns about the use of this model of cigarettes by young people. While their benefits are questioned by the scientific community, a part of the medical profession is still supporting them as an effective harm reduction tool for smoking cessation. It is completely wrong to think that e-cigarettes are not harmful to health. The purpose of this review is to investigate whether electronic cigarettes are a good alternative to cigarettes. Methods: The present article is a review study that was conducted by searching scientific information banks and using search engines in the published articles of Scopus, Pub Med, Google Scholar and also Google general search engine using the keywords electronic cigarette, side effects, cigarette smoking has been written. Results: After reviewing the articles, it was found that e-cigarettes are less dangerous than regular cigarettes. But this point does not mean that vapes are healthy. Smoking e-cigarettes is harmful to the lungs and heart. Vapes are just as addictive as regular cigarettes. Quitting smoking with electronic cigarettes is not the only and best possible option. Conclusion: Using vape makes the brain seek more nicotine. For this reason, the desire to use vape increases and as a result, it will be harder to quit.

کلمات کلیدی:

.Electronic Cigarette, Side Effects, Cigarette

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