



Electronic Nicotine Delivery Systems: An Alternative for Harmless Smoking

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INTRODUCTION

E-cigarettes are now and again called “e-cigs,” “vape,” “e-hoo-kahs,” “vape pens” and “electronic nicotine delivery systems (ENDS).” Some e-cigarettes appear like normal cigarettes, cigars, or pipes. Some appear like USB flash drives, pens, and different regular items. E-cigarettes are electronic gadgets that warm a liquid and convey an aerosol or blend of small debris with inside the air. E-cigarettes are available in many shapes and sizes. Most have a battery, a heating element, and an area to preserve a liquid. Some e-cigarettes appear like normal cigarettes, cigars, or pipes. Some appear like USB flash drives, pens, and different regular items. Larger gadgets together with tank systems, or “mods,” now no longer appear like different tobacco merchandise. Using an e-cigarette is now and again called “vaping.”

DESCRIPTION

E-cigarettes produce an aerosol through heating a liquid that typically includes nicotine, flavourings, and different chemical compounds that assist to make the aerosol. The liquid utilized in e-cigarettes regularly includes nicotine and flavourings. This liquid is now and again called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.” Users inhale e-cigarette aerosol into their lungs. Bystanders also can breathe on this aerosol whilst the person exhales it into the air. E-cigarette gadgets may be used to supply marijuana and different drugs.

Vapes, vaporizers, vape pens, hookah pens, electronic cigarettes (e-cigarettes or e-cigs), e-cigars, and e-pipes are a number of the various tobacco product phrases used to explain ENDS. These merchandises use an “e-liquid” that typically includes nicotine derived from tobacco, in addition to flavorings, propylene glycol, vegetable glycerin, and different ingredients. The liquid is heated to create an aerosol that the person inhales.

ENDS can look like traditional burnt tobacco, cigars, or pipes. Some are similar to pens and USB sticks. Large devices such as

tank systems and mods bear little or no resemblance to cigarettes. These products may contain reusable parts or may be disposable and used only once before being discarded. The longer ENDS and other e-cigarettes have been on the market, the more information is known about their health effects. It contains data on the use of these products by young people and has led to the development of several educational programs aimed at discouraging young people and teenagers from using these products. Through tobacco product problem reports and tobacco product violation reports, FDA also learns more about the many safety and health hazards that tobacco products can pose.

CONCLUSION

Many studies suggest that e-cigarettes and non-combustible tobacco products may be less harmful than combustible tobacco. However, there is still insufficient evidence to support claims that e-cigarettes and other ENDS are effective smoking cessation tools. To date, e-cigarettes have not been approved as smoking cessation devices and are not eligible for modified risk statements. Further research is needed to understand the potential risks and benefits that these products may pose to adults who use tobacco products. The FDA monitors the use of all tobacco products nationwide, including the annual Youth Survey, and has noticed a dramatic increase in youth use of e-cigarette products in recent years. Because of what has been described as an “epidemic” of youth use of these products, the FDA is prioritizing prevention efforts. Government agencies have taken many steps to keep ENTS out of the hands of young people, from policy development to enforcement to education.

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CONFLICT OF INTEREST

The author’s declared that they have no conflict of interest.

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