

Is electronic cigarette smoking toxic?

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1. How to quit quickly and effectively?
2. Even after quitting, after six months, the cigarette quality still exists around you

What is electronic cigarette?

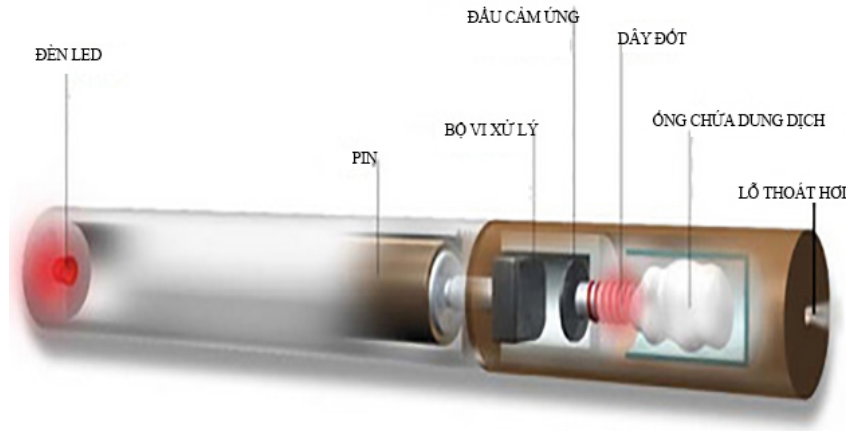


Electronic cigarette (E-cigarette) is a drug-like device that is normal but is powered by battery. Instead of burning cigarettes, the device heats up the vapor to produce vapor and is inhaled. This device is used by many people in case they want to quit smoking quickly and effectively.

Electronic cigarettes were invented by Hon Lik, a Chinese pharmacist and patented in 2003. In 2007, the device was introduced into the US market and quickly spread worldwide.

How does e-cigarette work?

SƠ ĐỒ CẤU TẠO THUỐC LÁ ĐIỆN TỬ



The filter contains a solution called "essential oil" that has nicotine concentrations of slightly between 0 mg and 26 mg in liquid form and fragrance. The body contains a microchip that activates the injector, which heats the solution into steam. At that time, users will suck in and breathe out like using real cigarettes.

In addition to nicotine, what does electronic cigarette "essential oil" contain?

Tobacco essential oils have many types, many origins, even many users arbitrarily mixes essential oils together so almost all users do not know exactly what ingredients it has. what.

Here are the ingredients in e-cigarette essential oils that scientists have found.

Country

In many types of "tobacco essential oils" contain water. When heated, this amount of water will turn into steam and smoke in order for smokers to suck in.



Glycerin

Glycerin is a colorless, odorless and slightly sweet safe chemical. It can be used in food and medicine.

But Dr. Pharmacist Maciej Goniewicz, who specializes in tobacco and electronic medicine research at Roswell Park Cancer Institute, said that although Propylene Glycol and Glycerin are considered safe, we still don't know anything happens if people smoke a large amount of these chemicals for a long time.

Propylene Glycol

An alcohol that is colorless, odorless, tasteless, and is considered safe for use in food. Propylene Glycol is used in the chemical, food, and pharmaceutical industries and is also used as an antifreeze, reducing the freezing temperature of water, used in artificial smoke or fog on stage. .

However, Propylene Glycol can irritate the lungs and eyes, can adversely affect people with chronic lung disease such as asthma, chronic air blockage, .



Smell

Currently, there are hundreds of different kinds of tobacco "essential oils" from cherry, apple, orange, cream cake, chocolate . to the real cigarette smell.

Although these odorants are also used in food, we have not been able to determine whether inhalation is as safe as when we eat it because the details of these odorants are confidential company.

Recently, however, scientists at Harvard University have studied 51 types of electronic cigarette oils, and the results show that up to 75% of them contain diacetyl, a chronic obstructive lung disease. count.

Toxic

When heated e-cigarette essential oils produce some toxic chemicals in the form of vapor and mix into the smoke that smokers inhale. These toxic substances are also present in regular cigarettes but the concentration is much higher. One of these substances can irritate, cause vasculitis, .

When burning electronic cigarette essential oils often appear 3 types of toxins: Formaldehyde and Acetaldehyde, both can cause cancer. The other substance, Acrolein, can cause lung damage, contributing to cardiovascular disease among smokers, formed during the heating of glycerin. The concentration of all three substances increases in proportion to the temperature of the essential oil when heated.



Small particles and metal

In traditional tobacco contains small dust particles, which can cause vascular lesions, inflammation, neurological effects, . for smokers. E-cigarettes can also contain these small particles and even have the same density as real cigarettes. At present, it is still impossible to determine whether the smoke generated by e-cigarettes is safe.

In addition, in the smoke of electronic cigarettes, toxic metals such as tin, nickel, cadmium, lead and mercury may also appear.

Is electronic cigarettes toxic?



Until now, based on what we know, e-cigarettes are less dangerous than regular cigarettes but still have a negative effect on users' health.

Therefore, experts recommend that e-cigarettes are not a product for non-smokers, do not use it if you have never smoked. In fact, e-cigarette essential oils also contain nicotine and can be addictive. No research has shown that e-cigarettes can be used to quit smoking.

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