

Good example of electronic cigarettes help people quit smoking research paper

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Smoking is one of the most disgusting habits all over the world.

Undoubtedly, it leads to dangerous health diseases and risks such as high blood pressure and lung cancer. Today, everyone knows that cigarettes can kill, however people start and continue to smoke. Often people begin smoking as teens. It is a way to protest against parents or to be like their friends. In addition, the influence of advertisement cannot be underestimated. Adults smoke to cope with stress and feel relaxed. The danger lies in the fact that the negative consequences from smoking affect non-smokers. For decades, governments have been holding public awareness campaigns which aim to eradicate smoking. However, nicotine is an addictive substance; it is hard to quit. Therefore, people have invented numerous methods: special physical trainings, nicotine patches, hypnosis, mind-body practices to quit smoking. The new smoking-cessation tool is the electronic cigarette, or e-cigarette. It is an electronic device which imitates traditional cigarette smoking through generating vapor instead of burning tobacco. In fact, it is the most innovative method of quitting smoking in the 21st century. The vast majority of people think that e-cigarettes are safer alternative for traditional smoking.

The hot debate over whether electronic cigarettes are effective or not still continues. It seems that there is no clear answer to this question. Some scientists and doctors think that e-cigarettes' impact on the human body is still not well understood. There is no evidence that these cigarettes are safe (" Cancer Biology: The Safer Cigarette"). Some experts argue that smoking e-cigarettes can cause nicotine addiction. In my opinion, e-cigarette is an effective tool because they help to reduce the nicotine level in the blood and

can be used as an interim step towards quitting smoking. In fact, electronic cigarettes have many benefits. They do not smell and do not cause discomfort among non-smokers. It is possible to smoke even in public places. Also, electronic cigarettes can be reused. People who start smoking electronic cigarettes instead of tobacco cigarettes begin to notice positive effects. Electronic cigarettes do not contain tobacco, combustion products, tar and other toxic chemicals associated with traditional smoking. It means that a person will not inhale 4000 toxic chemicals and poison the air around them. In fact, those who vape daily would take 4 - 12 months to get the same amount of toxic chemicals found in one tobacco cigarette (Young). Therefore, an e-cigarette is less harmful than a conventional cigarette. Unsurprisingly, e-cigarettes are gaining popularity around the world. Many smokers choose them for a variety of motivations such as medical diagnoses, desire to eliminate ominous odor, friends' advice, delivery of a child, chosen profession or simple interest. In 2010, the « Journal of Public Health Policy » published the results of research related to electronic cigarettes. The results have shown that e-cigarette can improve the chances of quitting by 60% compared with patches and gum, or relying on desire or will power. According to a survey of 5, 863 smokers who have attempted to stop without professional and medication aid, but using e-cigarettes, a fifth reported having quit conventional cigarettes (" E-cigarettes Can Help You Quit"). It is worth noting that after a certain period of using e-cigarettes, people notice an aversion to smoking and the motivation of rejecting cigarette smoke. The other study has observed 40 smokers, who were using electronic cigarettes. They affirmed that smoking

e-cigarettes alleviated the desire to smoke. In fact, the majority of the participants noticed that the e-cigarette helped them cope with withdrawal symptoms and cravings, and avoid relapsing on cigarettes. In addition, an online survey conducted in 2010, has shown that participants used the e-cigarette for approximately 3 months, drew 120 puffs/day, and used 5 cartridges with nicotine per day (Leader). The majority of the participants said the e-cigarette helped them fight cravings, cope with withdrawal symptoms, and avoid relapsing on cigarettes. Estimates show that 96% said that the e-cigarettes helped them to smoke less, and 60 % were successful in their quitting efforts. The number is promising. To quit smoking an e-cigarette, a person has to gradually reduce the nicotine strength level. Most companies offer 3.6%, 2.4%, 1.8%, 1.2%, 0.6%, and 0% nicotine concentration. E-cigarette offers smokers the same look and feel of traditional smoking and satisfies chemical and behavioral addictions. However, some experts point out a lack of studies and psychological addiction from a new kind of smoking. People can start smoking more due to the awareness of this imaginary deleterious habit, and electronic cigarettes are not cheap. Some experts also note that e-cigarette contain harmful carcinogens and can cause lung cancer. Therefore, they argue for banning e-cigarettes or imposing restrictions. Researchers note that in case electronic cigarettes will be classified as tobacco cigarettes, they will stop selling. A ban on advertising and smoking in public places will prevent harm to health. Interestingly, some people tend to believe that the campaign against electronic cigarettes is waged by tobacco companies, which make huge losses due to smokers' choosing electronic cigarettes. Despite the lack of

adequate research about e-cigarettes', their effectiveness as a smoking-cessation device is unquestionable. I believe that using them is a crucial step in moving towards quitting smoking.

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