SHOULD E-CIGARETTES BE BANNED?

No, e-cigarettes should be banned but rather regulated due to various reasons including the fact that the negative health impacts have not fully been evaluated agonists the perceived benefits. While e-cigarettes are considered less dangerous compared to the traditional tobacco cigarettes, being less dangerous does not necessarily imply to not being dangerous. As long as various researchers and institutions have confirmed the existence of some level of health risks in these kind of cigarettes, e-cigarettes are conclusive unsafe and should not even be considered as the ideal substitute to the traditional cigarettes.

According to Radcliff, e-cigarettes do not have as many toxic elements as the traditional cigarettes whose main constituent is tobacco. Tobacco changes to tar when it is smoked, which seems to be the basis for those who advocate e-cigarettes as the ideal solution to quitting smoking. Although the issue with tar associated with traditional cigarettes is a major concern since it has been proven to cause various lung diseases especially lung cancer, opting for a nicotine addiction is not a meaningful solution to the impact of tar associated with tobacco smoking. Nicotine is a very high addictive compound, which also subjects the human body to health-related issues. In his

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article, Radcliff asserts that one of the health effect of nicotine to human health is that it causes an increase in heart rate as well as blood pressure in addition to constricting blood vessels. This leads to a decrease in the quantity of oxygen reaching the heart and the brain, which are arguably the most important organs to the human body. This effect could even be worse for people with brain vessel disease and underlying heart.

According, to studies people with underlying heart and brain vessel diseases are hit hard by the effect of the highly concentrated nicotine in e-cigarettes. The high level of nicotine concentration in the electronic cigarettes have been confirmed to generate an ideal storm for stroke and heart attack (Radcliff). Research also shows that these cigarettes consist of at least 15 times more formaldehyde compared to the traditional cigarettes. Formaldehyde is not only dangerous to human health but also disgusting considering its original usage in the preservation of dead bodies. Other than this substance, nitrosamines is an unavoidable chemical substance for the users of electronic cigarettes. Hoping to quit smoking tobacco to avoid the possibility of contracting cancer would in this case be a notion because nitrosamine is a proven cancer-causing agent. Besides, one would not evade the effect of propylene glycol, which is a dangerous chemical substance originally used as a solvent in the manufacture of antiperspirants and soaps. These are just some of the many toxic substances confirmed as major constituents of e-cigarettes with others being tin and chromium. The e-cigarette users would be directly subjected to these toxic chemical, which could even trigger the emergence of yet undiscovered illness. It is also crucial to note that just like the case of secondary smoking exposed to other people surrounding smokers bystanders are also subjected to the vapors from e-cigarettes, which has also been found to pose some threats in the form of secondary smoking.

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Recent studies have also established the relationship between the use of e-cigarettes and weakening of the human immune system. Immune system in this regard tend to weaken owing to the presence of too many toxic substances as highlighted in the previous paragraphs. Such chemical cause cell damage and trigger inflammation of cells. It would therefore be unreasonable to consider e-cigarettes as good to those who wish to stop smoking tobacco.

Option for e-cigarettes in an attempt to quit smoking should not even be a reason for using e-cigarettes because one would only be substituting one problem with another problem. Other than being exposed to a different set of toxic chemicals and only avoiding a few harmful elements associated with natural tobacco, he or she would be subjected to more frequent use of nicotine due to its high concentration in e-cigarettes that triggers unnecessary addiction.

Tar is the main substance pushing many people to opt for e-cigarettes but considering the higher level of confirmed addition to e-cigarettes compared to tobacco, the manufacture, packaging, and use of e-cigarettes should be highly regulated. Nina hold the opinion that regulating e-cigarettes could help avoid a possible health crisis that is likely to face the human race in the near future in the even everyone perceives electronic cigarettes as the new trend in healthy smoking. One way to go about the regulation of electronic cigarettes would be the emblazoning of such product with clear warning as well as limiting the users based on their age and other factors. Kids and teenagers should for instance be kept as far as possible from using such products because with its high addition levels, one can only imagine what would become of a child who becomes addicted at the age of 10 or even 15.

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