Electronic Cigarettes Still a Nicotine Risk, Even as Secondhand Smoke

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Think e-cigarettes are safer than the real deal? Well, new research suggests that the high-tech smoking devices still expose both users and those around them to nicotine, according to a new study published in the journal Nicotine and Tobacco Research and reported by Time.com.

For the study, researchers examined the chemical compounds emitted by three brands of e-cigs. Scientists used a machine as well as five men to smoke the cigarettes. After the men and machine puffed on the electronic cigarettes, researchers measured the air in the room for nicotine and other harmful substances, such as carbon monoxide.

Scientists found that e-cigarettes were still a significant source of secondhand exposure to nicotine. But the devices emitted 10 times less nicotine than their tobacco counterparts.

In another recent e-cigarette study, findings from New York University research suggested that the way smokers use the devices could compromise the lower nicotine benefit. Why? Because e-cigarette smokers tend to smoke more regularly and inhale more deeply than regular cigarette users. This means e-cig smokers end up inhaling more nicotine in the long run.

The bottom line is, scientists believe there is still much to be learned about the health risks of e-cigs for smokers and those around them.

Currently, the Food and Drug Administration (FDA) does not regulate e-cigarettes. But the agency proposed a rule to broaden its ability to regulate these smoking gadgets.

For more information about the health risks and benefits of e-cigarettes versus regular tobacco, click here.

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http://beta.docker.realhealthmag.com/article/ecigarette-secondhand-risks-24948-1996