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ABSTRACT

The electronic cigarette is a device composed of a heating element and a cartridge, filled with flavorings, nicotine and other elements, which, through a battery, generate vapor. The vaporized liquid, inhaled from a mouthpiece, provides sensations similar to that of tobacco smoke, delivering nicotine to the user in a less irritating way. It presents an alternative mechanism to combustion and allows the dosing of components, but its use is also associated with the development of heart and lung diseases. Thus, it is known that although the use of electronic cigarettes emerge. As an alternative to smoking, its real impact on the health of individuals is not yet fully elucidated. This summary exposes the systemic repercussions associated with the continuous use of FB and its effect on the user's life. A literature review was performed using the PubMed platform, with research from the last 5 years, in Portuguese and English.

Keywords: Electronic cigarette, Smoking-associated diseases.

1 INTRODUCTION

The electronic cigarette is a device composed of a heating element and a cartridge, filled with flavorings, nicotine and other elements, which, through a battery, generate vapor. The vaporized liquid, inhaled from a mouthpiece, provides sensations similar to that of tobacco smoke, delivering nicotine to the user in a less irritating way. It presents an alternative mechanism to combustion and allows the dosing of components, but its use is also associated with the development of heart and lung diseases. Thus, it is known that although the use of electronic cigarettes emerge. As an alternative to smoking, its real impact on the health of individuals is not yet fully elucidated. This summary exposes the systemic repercussions associated with the continuous use of FB and its effect on the user's life. A literature review was performed using the PubMed platform, with research from the last 5 years, in Portuguese and English.

Quitting smoking is not always easy, but there are some options to replace CC, such as EC. Studies indicate lower short-term toxicity of FB compared to WC, but their social acceptance and frequency of use is increasing. In 2015, current EC users aged 45 years or older were mostly smokers or former smokers, while those aged 18 and 24, 40.0% had never smoked. The effects of the EC

components are still being investigated, such as: nickel, associated for example with chronic bronchitis and fibrosis; aluminum, to asthma; iron, to respiratory irritation and pulmonary fibrosis; and sodium, to shortness of breath and irritation in the lung; the heating product of propylene glycol/glycerol breaks down dsDNA.

In addition, EVALI is a respiratory disease, acute or subacute, associated with the use of EC with THC-containing products. Therefore, despite being efficient to replace conventional cigarettes, especially for individuals aged 45 years or older, e-cigarettes should continue to be contraindicated by pulmonologists, since in the long term they continue to exacerbate effects specific pulmonary diseases, such as inflammation and pulmonary fibrosis, associated with the presence of metals and compounds such as propylene glycol and glycerol, in addition to acting as a gateway to smoking for young individuals between 18 and 24 years of age, who socially initiate this habit.

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