

Lung diseases

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The main area of concern in this section is an overreliance of in vitro studies, and the omission of studies that examine the effects of vaping on the whole-body system. These in vitro studies invariably involve mega dosing or submerging cells in e-liquid and recording the results, and are in no way indicative of the real-world effects of e-cigarettes.

Numerous important studies that directly address the health impacts of e-cigarettes were omitted from this section, and once again no assessment was made in relation to the health benefits experienced when smokers switched to e-cigarettes. This is the most important factor that should be assessed. Polosa et al (2014) identified 18 smoking asthmatics (10 single users, eight dual users) and found that overall, there were significant improvements in spirometry data, asthma control and AHR.

Another study by Polosa (2016) confirmed that EC use ameliorates objective and subjective asthma outcomes and shows that these beneficial effects may persist in the long term. The most significant finding of this study was that the reversal of harm from tobacco smoking in asthma patients was observed.

A key study relating to e-cigarette use and COPD has just been published by Polosa et al (2020). Presenting findings from a 5-year assessment of COPD patients who had switched to e-cigarettes, the study concludes that *“EC use may ameliorate objective and subjective COPD outcomes, and that the benefits gained appear to persist long term. EC use for abstinence and smoking reduction may ameliorate some of the harm resulting from tobacco smoking in COPD patients.”* These findings were consistent with findings at 24- and 36-month assessments of the same cohort.

Cibella et al (2016) found symptoms of cough/phlegm and shortness of breath disappeared in smokers who had switched from smoking to vaping. Those who abstained from smoking by vaping experienced improvements in respiratory function, suggesting that as e-cigarette use aids smoking cessation, it can help to reverse harms caused to the lungs from smoking.

References

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