Cherry-flavoured e-cigarettes more harmful to users

IANS | Jan 31, 2016, 12.27PM IST



Users of cherry-flavoured e-cigarettes may be exposed to higher levels of potentially harmful respiratory chemical , reveals a new study.   
  
According to researchers, high levels of the respiratory irritant benzaldehyde were detected in the vapour from most of the flavoured nicotine products , with the highest concentrations in vapour from cherry-flavoured products.   
  
This research was focused on a single toxicant and should be interpreted as a first step in understanding the potential health effects from flavoured e-cigarettes, said the lead research Maciej Goniewicz from Roswell Park Cancer Institute (RPCI) in the US.

Benzaldehyde is a compound used in many foods and cosmetic products.   
  
For the study published online in the peer-reviewed journal Thorax, the scientist measured benzaldehyde levels for 145 different flavoured nicotine products using an automatic smoking simulator and calculated daily exposure to users from 163 e-cigarette puffs.   
  
The concentrations of the chemical Benzaldehyde were 43 times higher in cherry-flavoured products than in other flavours, the study found.   
  
"For e-cigarette users, it's important that they pay attention to how the products are affecting them. If they notice irritation, maybe a cough or sore throat, when they use e-cigarettes, they might want to consider switching to a different flavouring. And it's also important to keep these findings in perspective," Goniewicz stated.   
  
"It will be important to follow this work up with studies that assess the long-term effects and chronic toxicity of e-cigarette flavourings in humans," Goniewicz added.