# Article information:

Health impact of E-cigarettes: a prospective 3.5-year study of regular daily users who have never smoked | Scientific Reports  
<https://www.nature.com/articles/s41598-017-14043-2>

# Article summary:

1. Electronic cigarettes (ECs) are gaining popularity as a less harmful alternative to conventional cigarettes among smokers, but there is concern about the potential long-term health effects of chronic exposure to their residual toxicological load.

2. Previous studies have shown no deterioration in lung function, airway responses, and respiratory symptoms in healthy smokers who switched to ECs for a year, but very little is known about the long-term health effects of vaping.

3. This study aimed to compare health outcomes between regular daily EC users who have never smoked and a reference group of never smokers and non-users of EC over a period of 3.5 years, including blood pressure, heart rate, body weight, lung function, respiratory symptoms, and exhaled biomarkers of airway inflammation. The results showed no significant differences between the two groups in terms of these health outcomes.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

该文章主要介绍了电子烟的健康影响，特别是长期使用对呼吸系统的影响。文章指出，虽然电子烟的毒性比传统香烟低，但长期暴露可能仍然存在风险。因此，需要进行长期的研究来评估其健康影响。

然而，该文章存在一些潜在的偏见和问题。首先，文章没有充分考虑到电子烟使用者可能存在其他健康问题或行为习惯，这些因素可能会干扰结果。其次，该文章没有提供足够的证据来支持其主张，并且忽略了一些反驳观点。此外，该文章似乎倾向于宣传电子烟的优点而忽略了潜在风险。

总之，尽管该文章提供了一些有用的信息和观点，但读者应该保持警惕并寻找更全面、客观和可靠的信息来源来评估电子烟对健康的影响。

# Topics for further research:

* Other health factors and behaviors of e-cigarette users
* Lack of evidence to support claims
* Ignoring counterarguments
* Potential risks of e-cigarettes
* Need for long-term studies
* Balanced and objective information on e-cigarette health effects

# Report location:

<https://www.fullpicture.app/item/e37b67e152cbbba9d9fa3ab6c9208606>