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THE CIGARETTES AND VAPES HEALTH EFFECT: THEIR SIMILARITIES AND DIFFERENCES

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Relevance. The work gives the tobacco smoking and vaping comparative characteristic. Young people are now facing a pressing problem due to the perception that aerosols are safer than studied cigarettes. The vapes and cigarettes systematic comparison is necessary to clarify their specific health implications. While the combustible tobacco dangers are well-established, the long-term effects of vaping aerosols remain the scientific investigations evolving area. Understanding these differences allows smokers to reconsider their habits and non-smokers to make more thoughtful decisions regarding their life choices.

Aim:

1. To assess differences in chemical composition present in cigarette smoke and vape aerosol, evaluate health impacts and overall health outcomes.
2. To analyze the statistics among the BSMU students obtained as the survey result.
3. To evaluate the use and dependence patterns: compare users' behaviors, addiction potential and motivations for choosing cigarettes versus vapes.

Materials and methods. Literature analysis and material generalization were used. A group of people was interviewed on the issue.

Results and their discussion. 30 people of various age categories (including teenagers) were surveyed on their preference for choosing a cigarette or vapes. About 56% of survey participants chose vaping and the remaining 44% - cigarettes. The main reason for choosing vapes was the tobacco unpleasant smell absence. However, according to the survey, the main vapes consequences were migraines, dryness and sore throat and breathlessness. Most of the participants had all of the above symptoms – 70.5%. The other participants (29.5%) experienced sore throat and cough mainly.

Tobacco smoking was common for a group of participants over 20 years old. The reasons for choosing were the smoked cigarette aesthetics and addiction control. At the same time participants stated that they had not noticed any particular consequences – 85%. Only 15% detected pain in the substernal area and large amount of sputum accompanied by severe cough.

Conclusions. The data have confirmed the need for the further research on the vapes and cigarettes human health effects. Despite the vapes growing popularity, there are many symptoms that may be cause for concern. This highlights the educating young people importance about the possible risks and consequences of using nicotine-container devices. Attention should also be paid to the need for more research to the better understanding of the vapes application long-term effects, as well as the potential risks associated with the various fragrances and additives frequently used in these devices.