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Electronic Cigarettes as Tobacco Alternatives

Electronic cigarette usage, or vaping, involves inhaling aerosolized nicotine-containing liquid via an electronic device made to look like traditional tobacco products. Since their invention in 2003, e-cigarettes have become a popular alternative to tobacco use. Research on their effectiveness as quitting aids is mixed, with some promising short-term results but insufficient evidence of long-term gains.


- **Electronic nicotine delivery systems and/or electronic non-nicotine delivery systems for tobacco smoking cessation or reduction: a systematic review and meta-analysis.** El Dib R, Suzumura EA, Akl EA, Gomaa H, Agarwal A, Chang Y, Prasad M, Ashoorion V, Heels-Ansdell D, Maziak W, Guyatt G.

- **Electronic cigarettes: assessing the efficacy and the adverse effects through a systematic review of published studies.** Gualano MR, Passi S, Bert F, La Torre G, Scaioli G, Siliquini R.

- **A systematic review of health effects of electronic cigarettes.** Pisinger C, Døssing M.

Bibliography by Rachel Becker, MLIS