

Review of: "Evidence-based policies benefit the men and women who smoke"

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I have reviewed the article entitled 'Evidence-based policies benefit the men and women who smoke' by Baker et al (2021). The article is well written and addresses a very important topic towards containing the tobacco epidemic through robust tobacco reform policies. Nevertheless, the recommendation to switch to e-cigarettes of whatever kind is ill advised. E-cigarettes have been known to emit various toxins and hazardous respirable particulates which cause etiological risks such as cardiopulmonary obstructive disorder (COPD), asthma, oxidative stress, rheumatoid arthritis, cancer and other serious ailments. Also, the target to eliminate nicotine is not a solution to better cigarettes and harm reduction. It should be known that apart from nicotine, an ordinary tobacco cigarette releases over 7000 thousand chemicals most of which are detrimental to human health.

Smoke free cigarettes or probably 'heat not burn' cigarettes may appear to be attractive but with the emission of significant respirable particulate matter most of which is in the nano level does not rule out serious harm to the smoking community. These particulate matter (PM) may carry with them metal particulates such as beryllium, lead, and polonium etc. in the vapor phase depending on the heating temperatures. Therefore, smoke free cigarettes may not be entirely safe. I agree that the best way forward is complete abstinence which is not easy to achieve even with the current tobacco policies in place such as mQuit, FCTC, high taxation on tobacco products etc. Generally, all tobacco reform policies must be based on research not 'thoughts'.