

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

Rana Jaber¹

¹ Florida International University

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Treating smoking is very difficult. Smoking is a behavior that is correlated with many other conditions that can be fatal, and they all can be a potential reason why people smoke. One of those conditions is stress. Fighting smoking will never be successful without understanding why people smoke. There are continuous stressors or reasons that discourage people to quit cigarettes smoking and hence become nicotine dependent. So, I agree that there are many smokers can't quit smoking. I am not sure how safe is using e-cigarettes for people who feel impossible to quit smoking on long terms. Long term use of e-cigarette can be more harmful than cigarette smoking, and this need to be further investigated. This is the main gap in knowledge that needs to be covered to be able to decide on issuing appropriate policies for those who want to totally replace cigarettes with a less harmful method. It should be established that it is less harmful when it is used for long time compared to cigarettes

Adding to that, many people use e-cigarette to quit cigarettes and become dual users instead. However, because most of the studies are cross sectional or short term cohort in nature, they may not capture the length of the dual use and its sole effect particularly among those people. It could be only a stage within the quitting process. The acceptable dual use interval during the quitting process should be determined.

Based on previous research, many people were able to quit cigarettes using e-cigarettes, but many of them also did not quit e-cigarettes. In order for the product that is marketed as a safer alternative to cigarettes such as e-cigarettes to be reasonably considered for those people, it should meet the following conditions: 1- it is used for smokers who have intention to quit cigarettes 2- It is not freely available for everybody including adolescents and young adults. 3- it is announced in the media as a tobacco use method that is not less harmful than cigarettes if it is used by non smokers or as an additional tobacco use method. 4- It should be used for an identified short time and its nicotine content should be minimized gradually until it becomes 0. Those two strategies are important to handle nicotine withdrawal symptoms and to help cigarette smokers to quit, while not continuing with e-cigarettes. Otherwise, cigarettes smoking relapse, and dual use are highly likely.