

# Review of: "Switching Away From Smoking and Reduction in Cigarette Consumption among US Adult Purchasers of the JUUL System across 24 Months Including Diverse Subpopulations Disproportionately Affected by Cigarette Smoking"

Shikha Saxena

Potential competing interests: No potential competing interests to declare.

Populations which have historically been more affected by smoking-related health issues are also showing a trend towards switching to e-cigarettes. It could be an indication that e-cigarettes are seen as a less harmful alternative by these groups. ENDS (Electronic Nicotine Delivery Systems) like JUUL are being suggested as tools that could positively impact public health. This perspective assumes that e-cigarettes are less harmful than traditional tobacco products and can help reduce smoking prevalence. The study indicates that e-cigarettes could play a role in reducing health disparities caused by tobacco, especially among adult smokers. This might be due to the potentially lower health risks associated with e-cigarettes compared to traditional smoking. However, it's important to note that the long-term health effects of e-cigarettes are still being studied. While they may present a less harmful alternative to traditional tobacco products, they are not without risk, especially concerning nicotine addiction. Public health strategies and individual decisions regarding e-cigarettes should be informed by ongoing research and a thorough understanding of both their benefits and risks.