

Is the Widespread Use of Electronic Cigarettes a Fatal Threat?

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To the Editor,

In recent years, with the increasing use of electronic cigarettes (e-cigarettes), there has been a noticeable rise in poisoning incidents caused by these devices. The potential health hazards of these devices, commonly known as electronic puffs (e-puffs), are becoming more widely discussed. As research examining the health effects of e-cigarette use grows, it also highlights the importance of how poisonings caused by these devices should be managed in Emergency Departments and the necessary interventions for effective treatment.

E-cigarettes are devices that operate by vaporizing nicotine and other chemicals. However, poisonings associated with e-cigarette use are usually based on nicotine toxicity. Nicotine, when taken in high doses, can quickly lead to poisoning and cause fatal consequences. Electronic puffs, especially with improper use of nicotine-containing liquids, pose a significant poisoning risk for children and adolescents [1].

The symptoms of e-puff poisoning in patients presenting to the Emergency Department may include nausea, vomiting, dizziness, excessive sweating, rapid heart rate (tachycardia), and neurological symptoms (seizures, muscle tremors). These symptoms are generally caused by the rapid absorption of nicotine into the body [2]. Furthermore, other chemicals in e-cigarette liquids may damage the respiratory tract, potentially leading to respiratory failure [3].

Regarding treatment in the Emergency Department, the first intervention in e-puff poisoning should be quick and effective to treat nicotine toxicity. In nicotine poisoning, symptomatic treatment is prioritized, including rapid fluid therapy, antiemetics, and sedative treatment. In se-

vere cases, especially if respiratory failure has developed, advanced treatments like intubation and ventilation may be required [4]. The composition of the e-puff liquid and the type of device used can affect the poisoning presentation, so a thorough evaluation of the patients is essential for an accurate diagnosis and treatment process.

With the rise in e-cigarette use, the public health risks in this area are also increasing. Electronic puffs used among children and adolescents are contributing to an increase in nicotine poisoning cases and leading to serious health complications. It is crucial for healthcare professionals, especially those in Emergency Departments, to be knowledgeable about managing these types of poisonings. Additionally, public health initiatives should focus on providing more education and awareness about the use of these devices [5].

In conclusion, awareness about the health impacts of electronic puffs and the emergency treatment of nicotine poisoning should be raised. Healthcare professionals and the public need to become more conscious of the potential dangers of these devices, and necessary measures should be taken, especially for the safety of children and adolescents.

Sincerely,
Ali Saridas

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