

INTRODUCTION

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The recent emergence of alternative forms of nicotine delivery (electronic cigarettes, smokeless cigarettes) in the consumer market has contributed to an increased interest in tobacco products, which are often unjustly identified with nicotine. Consequently, a growing number of publications on these products may be observed.

The current issue of “Family Medicine” features three papers in the “Harm Reduction” section. The first article discusses barriers to risk minimisation in individuals who are not able to completely abandon the use of nicotine. According to the author, these include stereotypes about the harmful effects of e-cigarettes, shortcomings in legislation and market regulation, the lack of trust and dialogue between key groups that shape the nicotine product market, as well as the untapped potential of financial motivation among tobacco product users. The author emphasises that the implementation of tools for reducing tobacco smoking should take into account the area of harm reduction rather than just an abstinence approach – as has been globally accepted in the aspect of psychoactive substance dependence for more than two decades.

The other article focuses on the effects of e-cigarette aerosol on the cardiovascular system. The paper was based mainly on the reports of prestigious organisations and institutions such as the Public Health of England, the Centers for Disease Control and Prevention, and the National Academies of Sciences, Engineering, and Medicine. The study compares the mechanism underlying the effects of tobacco smoke and e-cigarette aerosol on the cardiovascular system, suggesting lower toxicity of aerosol, which is mainly due to nicotine.

The third paper should be of particular interest to parents of children and adolescents as it discusses the negative effects of either deficiency or excess of environmental light stimuli. The problem particularly affects children and adolescents who often learn under inappropriate lighting conditions, which is likely to result in deteriorated vision in later life. The paper discusses the advantages and disadvantages of modern light sources used in households, as well as provides examples of reducing harm caused by inappropriate lighting conditions.

The views and conclusions presented in these papers do not necessarily reflect the opinions of the Managing Editor.

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