

## Miscellaneous

### About Cigarettes

Somchai Bovornkitti MD, DScMed, FRCP, FRACP, Hon.FACP, FRST  
Emeritus Professor of Medicine, Mahidol University  
Fellow of the Academy of Science, The Royal Society of Thailand

A cigarette is a small cylinder of finely cut tobacco leaves rolled in a sheet of thin paper, in tobacco or banana leaves. Another definition is a cylinder filled with cubeb or tobacco or marijuana. Cigarette could be classified into 2 categories, combustible cigarette and non-combustible cigarette or electronic cigarette. Combustion or burning is a differentiation. While combustible tobaccos release grayish white smoke, electronic cigarettes (cigalikes) produce vapor or aerosol mist.

Cigarette smoke from combustion of tobacco contains over 6,000 chemicals, among which about 100 are potentially harmful to human health. Exposure to those chemicals (not nicotine) is the cause of smoking-related diseases. Without combustion, electronic cigarettes contain less toxicants and no tar. It is highly possible to use electronic cigarettes to assist the cessation of addiction to the burning tobacco cigarettes that emit (of) toxic substances including carcinogens that adversely impact smokers' health with their smoking related serious complications, such as, chronic bronchitis, pulmonary emphysema, and bronchial cancers.

To address the concerns of harm from tobacco smoke, there are several tobacco harm reduction strategies such as banish cigarette smoking, using the less harm e-cigarettes as an alternative solution, inventing cancer vaccine for smokers who are unable or unwilling to quit smoking or using advance technology such as DNA repair.

#### End Note

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“No Double Standards”