Finding a New Friend in E-cigarettes by Shala Ohms

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Studies show that cigarette smoking is the greatest cause of preventable death in the world. Cigarettes contain the most lethal substances a person supposedly would want to avoid, including formaldehyde (formalin), carbon monoxide, arsenic, and hydrogen cyanide. Surprisingly, cigarettes remain the single-most traded item on the planet based from the approximately 1 trillion sticks being sold annually in nearly all places.

Addiction to cigarette smoking is the main cause of many health problems. However we put it, cigarette smoking will harm smokersâ€™ body organs and impair their bodily functions if continued. The risk of contracting disease from smoking depends on the length of time a person continues to smoke and the amount of smoke he inhaled. Fortunately, the risk recedes the moment a person stops smoking as his body will begin to regenerate and heal the tissues damaged by the toxic substances in the cigarette.

Cancer is only one of the primary risks of cigarette smoking. Other prominent health effects include the development of coronary heart disease, chronic obstructive lung disease, and stroke. No doubt around 440,000 Americans die every year due to smoking-related diseases.

Despite knowledge of the negative effects of cigarette smoking on health, many still continue to smoke and those who just started smoking add to the soon casualties. Instantly stopping smoking would result to a different health problem, though, since most cases are apparent effects of tobacco dependence. One way to save a person from the smoking addiction is to find an alternative to cigarettes. Many smokers who are serious in their attempt to stop smoking buy electronic cigarettes or e-cigarettes as alternative to the real ones.

An e-cigarette is an electrical device designed to imitate the sensation that real cigarettes can give to smokers, minus the detrimental effects. The cross sectional area of an e-cigarette is similar to that of a real cigarette except that it is more solid and does not consume. Some products vary in sizes due to differing battery capacities, which in the end affect the sensational impact of the cigarette to the user.

A typical e-cigarette has a cartridge, atomizer, and sometimes a cartomizer. The cartridge carries the liquid substance and serves as the mouthpiece, while the atomizer serves as the heating element responsible for vaporizing the liquid in the cartridge. The cartridge and the atomizer are sometimes combined to reduce the manufacture expense for the e-cigarette company.

If you would like to read some more about e cigarettes and their benefits to heavy smokers, HowStuffWork.com is the right place to go to. This website provides relevant information about smoking in general and specific alternatives, such as e-cigarettes, that can help nicotine-addicted people overcome their condition.

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