Introduction

1. Objective

Our research deals with electronic cigarettes and look at the ethical issues regarding nutritional management of university students. Recently, we have noticed a large spread of electronic cigarettes in Palestine in general and in Birzeit University in specifically.

electronic cigarette is an electronic device that simulates [tobacco smoking](https://en.wikipedia.org/wiki/Tobacco_smoking). It consists of an [atomizer](https://en.wikipedia.org/wiki/Atomizer_nozzle), a power source such as a battery, and a container such as a cartridge or tank. Instead of [smoke](https://en.wikipedia.org/wiki/Tobacco_smoke), the user inhales [vapor](https://en.wikipedia.org/wiki/Vapor). As such, using an e-cigarette is often called "vaping". The atomizer is a [heating element](https://en.wikipedia.org/wiki/Heating_element) that atomizes a [liquid solution](https://en.wikipedia.org/wiki/Solution_(chemistry)#Liquid_solutions) called [e-liquid](https://en.wikipedia.org/wiki/Construction_of_electronic_cigarettes#E-cigarette_liquid). E-cigarettes are activated by taking a puff or pressing a button. Some look like [traditional cigarettes](https://en.wikipedia.org/wiki/Cigarette), and most versions are reusable. [[1]](#footnote-1)

Methodology

1. I looked up at the National Center Library on internet about definition of electronic cigarettes.

Conclusion

With regard to the issue of electronic cigarettes and smoking in general, those who advise not to smoke are exposed to several problems, the most important of which are: The large number of people accustomed to its existence and selling, especially for males, adolescents, and more recently for women. The large number of advertisements for electronic cigarettes, their ease of use, and their rather cheap cost, and the marketing of smoking products widely on social media.

As of September 2013, 29 published non-clinical studies evaluated the chemistry of e-cigarettes. Various chemical substances and ultrafine particles known to be toxic, carcinogenic and/or to cause respiratory and heart distress have been identified in e-cigarette aerosols, cartridges, refill liquids and environmental emissions. In addition to the uniqueness of the liquid compositions in each brand, inconsistency of both the device performance properties and the data collection methodologies used by researchers contribute to the observed variation in constituent levels and to the range of particle size distributions among products. Moreover, few of these methods are well validated. In addition, e-cigarette use behaviors have only been taken into account for aerosol generation in two publications. Therefore, additional studies based on scientifically validated aerosol generation methods, aerosol physical property measurement methods and chemical analysis methods would be helpful in generating reliable estimates of chemical quantities and, thus, the toxic potential of e-cigarettes[[2]](#footnote-2). We hope that there will be greater awareness campaigns, understanding and awareness by users about the great danger and health problems caused by electronic cigarettes.

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3995255/> [↑](#footnote-ref-1)
2. ttps://tobaccocontrol.bmj.com/content/23/suppl\_2/ii11?int\_source=trendmd&int\_medium=trendmd&int\_campaign=trendmd [↑](#footnote-ref-2)