

Name _____

Traditional vs. Modern: Exploring the Differences Between Cigarettes and E-cigarettes

Open-Ended Response Answer Key

1. Nicotine is the addictive substance in both traditional cigarettes and e-cigarettes. It can lead to physical dependence and cravings. While traditional cigarettes deliver nicotine through the combustion of tobacco, e-cigarettes vaporize a liquid containing nicotine. Nicotine can have various health effects, including increased heart rate and blood pressure, and it is associated with addiction and withdrawal symptoms.
2. Secondhand smoke from traditional cigarettes is known to contain harmful chemicals, including carcinogens, and is considered a significant health risk to bystanders. Secondhand vapor from e-cigarettes is perceived as less harmful, but research is ongoing to determine its potential risks. Both can impact the air quality in enclosed spaces and may affect the respiratory health of those exposed.
3. The answer to whether e-cigarettes are a safer alternative to traditional cigarettes is not straightforward. While e-cigarettes are generally considered less harmful because they do not produce smoke and expose users to fewer harmful chemicals, they are not entirely without risks. The long-term health effects of vaping are still being studied, and the use of e-cigarettes among youth is a concern. Ultimately, the decision to use e-cigarettes should be made based on a thorough understanding of their potential risks and benefits.
4. As a policymaker, I would propose regulations to address the use of e-cigarettes that prioritize public health and safety. This would include implementing age restrictions to prevent youth access, banning the sale of flavored e-cigarettes to reduce appeal to young people, and enforcing clear labeling of e-liquids to inform consumers of potential risks. Additionally, I would support ongoing research to better understand the health effects of e-cigarettes and consider measures to discourage their use among nonsmokers while providing support for smokers who want to quit using these devices.

