

## Smoke: Cannabis versus Tobacco

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[www.123rf.com/photo\\_15716834\\_marijuana-leaf-and-cigarette.html](http://www.123rf.com/photo_15716834_marijuana-leaf-and-cigarette.html)

Cannabis, marijuana, among other names, can be consumed by smoking, vaporizing, taking with food or as extracts. Of note, cannabis smoke is inhaled more deeply than is tobacco smoke.<sup>1</sup> Notwithstanding, cannabis smoke contains thousands of organic and inorganic chemical compounds; of which the tar is chemically similar to that found in tobacco smoke,<sup>2</sup> and constitutes over 50 known carcinogens, viz. nitrosamines, reactive aldehydes, and polycyclic hydrocarbons such as benzo(a) pyrene,<sup>3,4</sup> there was not yet a consensus regarding whether cannabis smoking is associated with an increased risk of cancer, and merely develops symptoms of chronic bronchial inflammation, viz. frequent productive coughing, wheezing, chest oppression. So much so, some users experienced the benefit of short-term applications which is associated with bronchial

dilatation,<sup>5</sup> and thus on seldom occasions, cannabis practicing is advocated for the cases of uncompromised acute asthmatic attacks.

For the interesting fact that cannabis when consumed has psychoactive with physiological effects, creating a “high” or “stoned” feeling, a change in perception, heightened mood, and an increase in appetite, among other things. Therefore, a question occurs whether the use of cannabis helps tobacco cessation. According to Dr. Armentano’s report in February 5, 2019 that marijuana access is associated with the decreased use of alcohol, tobacco and other prescription drugs,<sup>6</sup> has initiated the idea of employing cannabis e-cigarettes as alternative cessation strategy for tobacco smoking. To the present authors, such strategy of using cannabis cigarettes for tobacco cessation would be another challenging subject for research.

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### Acknowledgements

Most of the information displayed in this article are mostly derived from [https://en.wikipedia.org/wiki/Cannabis\\_which](https://en.wikipedia.org/wiki/Cannabis_which) accessed on 15/6/2019.

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