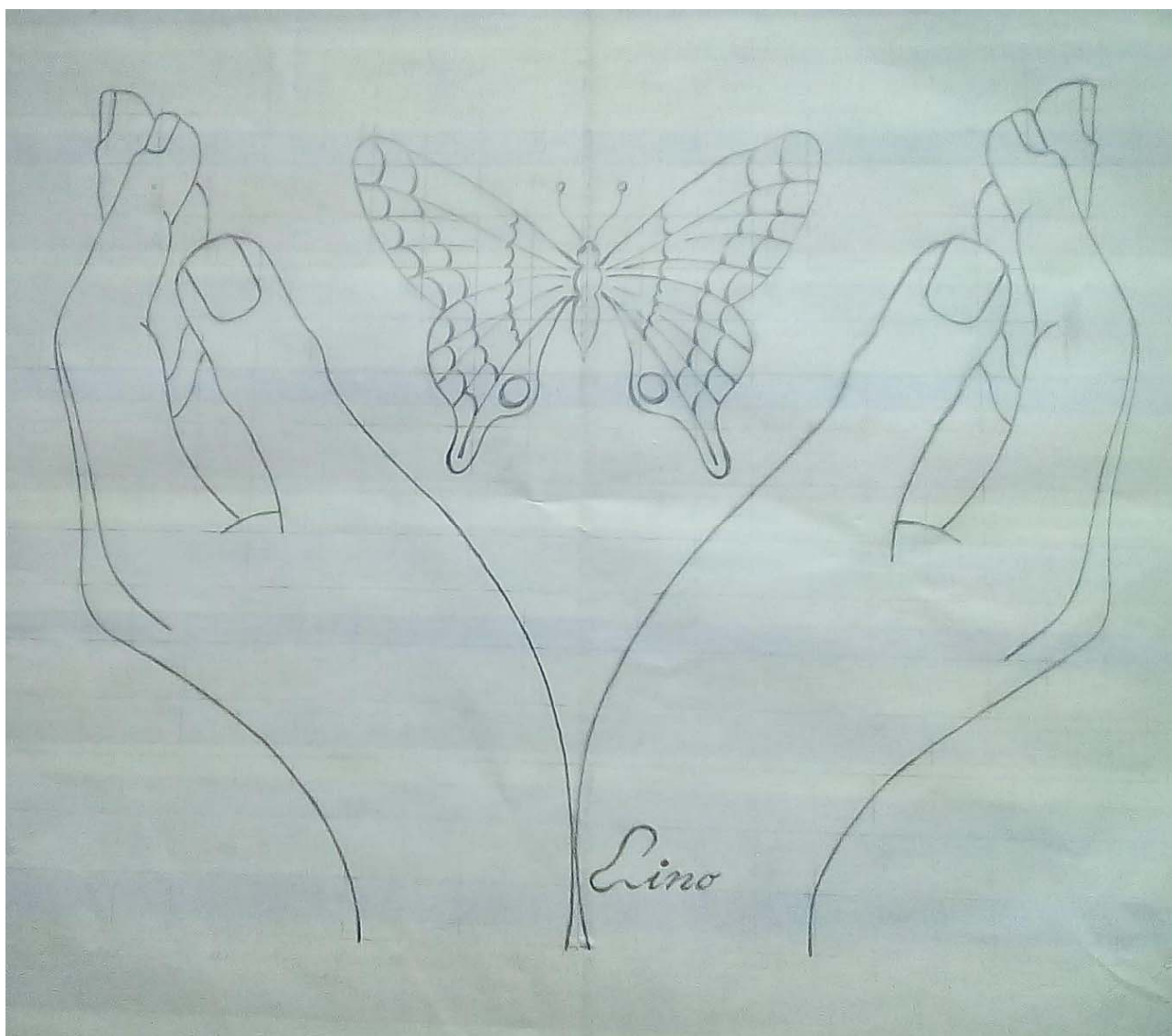


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Effects of E-Cigarette explored by HRV Analysis.

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ABSTRACT

Background: Cigarette smoking induced increased sympathetic activity is one of the major independent risk factor for cardiac morbidity and mortality. The use of electronic cigarettes (e-cigarettes) is rapidly increasing especially among young people since e-cigarettes have been perceived as a safer alternative to conventional tobacco cigarettes. However, the scientific evidences regarding the human health effects of e-cigarettes on the heart are extremely limited. **Aim:** To assess acute effects of smoking on neuro cardiovascular regulation by analysis of frequency and time domain measures of HRV in current regular healthy young people cigarette smoker. Then the purpose of the present study is to determine effect of the E-cigarettes on the HRV. **Materials and Methods.** We enrolled 52 young people. The subjects were 21 non smokers (NS), 10 F with age 25.1 ± 3.5 years, 15 smokers E-cigarettes (SES) 4 F with age 23.9 ± 2.4 years with mean of nicotine = 3.6 ± 1.4 mg/ml. and 19 smokers (S), 10 F with age 24.6 ± 3.5 years. Protocol: After 10 rest minutes we recorded a digital ECG for 5 minutes by means Cardiolab system (Xai Medica) from wich it is possible to record and analyze the HRV. Data analysis software: Recorded data were analyzed with CARDIOLAB XAI-MEDICA software for HRV linear analysis in the time and frequency domain. Statistical analysis Statistical analysis was performed with SigmaStat 3.5 software for Windows. Paired T-test for quantitative variables were used to compare the effect of the treatment in the different groups. Statistical significance was fixed at $P < 0.05$. **Results:** The data show a tendency, although it does not reach statistical significance, to a reduction of total HR variability, an increase in sympathetic hyperactivity indexes and a decrease in those of parasymphathetic activity in smokers of both normal and electronic cigarettes compared to non-smokers. In the same subjects we observed a reduction of total variability. Data are expressed as mean \pm SD. **Discussion:** In our opinion the e-cigarette they should have caused a reduction in sympathetic hypertonicity compared to normal smokers. The data do not confirm this hypothesis. The two possible explanations are related to low sample size and to that e-cigarette smokers use a system with a high nicotine content comparable to that of normal cigarettes. Our data, however, show that in smokers of both normal cigarettes and E-cigarettes a tendency to reduce parasympathetic tone even if it does not reach statistical significance. This fact is probably related to the nicotine content. Almost certainly this type of smoking reduces the risk of cancerous lesions but does not seem to change cardiovascular risks. **Conclusions:** The result of this study concludes that cigarette smoking, both elecrtonic or normal, had effect on cardiac autonomic function causing depressed vagal activity and overbalance of sympathetic function. Further studies are needed to better understand the mechanisms of this phenomenon.

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