I am a 4-year electronic cigarette user from the United States. I was thrilled to have recently read an article from the BBC reporting about your requested inquiry into effectiveness and health impact of electronic cigarette use. Extreme curiosity grips me for what will likely be a long wait to hear the final findings of the Science and Technology committee. Many American electronic cigarette users have attempted for years to get solid and reputable scientific and medical research performed regarding such devices even if the research turns up bad news for us. Unfortunately, we've often only been met with fearmongering and unreliable information.

In the effort of full disclosure, I am the person that is often worried about from regulatory agencies. I never partook of smoking or other tobacco/nicotine use before I began my use of electronic cigarettes four years ago. However, I would have likely begun smoking cigarettes otherwise had these electronic devices not been available.

My curiosity is perhaps most struck from my own personal experiences. Heavy usage of my electronic cigarette devices over my four-year course have never gotten my addicted to nicotine. Nicotine being regarded in fear as such an extremely addictive chemical, you can perhaps see where my curiosity may come from here. Despite nicotine being understood as, and seen to be addictive, I have been able to stop for periods of months without any withdrawal symptoms in the slightest. I have to wonder if there are other majorly addictive chemicals released in the smoking of tobacco that is not purely nicotine. This could shed light on further issues regarding the failure rate of people attempting to quit smoking cigarettes via nicotine patches. Moreover, it may shed the same light on failure attempting to quit by using electronic cigarettes.

While electronic cigarettes may be much safer than traditional tobacco, and countless lives could eventually be saved, it is not without doubt that inhaling anything but air, as we were intended to, cannot be good for our lungs. As well with regulations unchecked, there can be an extreme danger involved, primarily regarding the liquids used.

I must stress however that there are hundreds of companies manufacturing devices for electronic cigarettes, and other than batteries every single piece can be, with the right skill-sets and tools, handcrafted. This can make regulations extremely challenging.

If there is any information you're looking to personally learn regarding the basic or advanced concepts of electronic cigarettes, feel free to let me know and I would be happy to share my knowledge with you.

I could not help myself but get a bit giddy and send you this e-mail acting as an extremely genuine thank-you note. The effort you've brought forth could change the lives of many not only in your country but across the planet, myself included.