

¿CUÁL ES EL PROBLEMA CON LOS SABORES DULCES EN EL VAPEO?

¿CÓMO LO HICIMOS?

Se realizó una revisión sistemática de los artículos científicos registrados en la base especializada PUBMED que tuvieron como tema principal el vapeo y fueron publicados entre enero de 2017 y diciembre de 2019, periodo posterior inmediato al cubierto por el reporte de consenso *Public Health Consequences of E-Cigarette* de las academias nacionales de Ciencias, Ingeniería y Medicina de Estados Unidos. Los artículos se clasificaron de acuerdo con su calidad, tipo de estudio, solidez metodológica, muestra analítica y reporte de conflicto de interés. De un total de 700 artículos revisados, 90 refirieron a usuarios duales, de los cuales 30 se clasificaron como de buena calidad, 49 con calidad media y 11 con mala calidad.

¿QUÉ ENCONTRAMOS?

El uso dual se refiere al uso de vapeo y cigarrillo de tabaco de manera concurrente, que puede traer como consecuencia riesgos a la salud más altos que sólo fumar o sólo vapear. 39% de los artículos sobre uso dual se enfocó en población joven o adolescente y 58% en adultos. Se reportaron prevalencias de uso dual en adolescentes que iban del 1.6 al 9.4%,¹⁻⁴ tasas más altas que las de fumadores exclusivos.^{2,4} Además, se encontró que el uso dual incrementa con la edad, 12% entre jóvenes de 18 a 24 años y 19.9% en los mayores de 24 años.⁵ Aquellos adolescentes que reportaron experimentar con el vapeo o vivir con algún fumador tenían entre tres y ocho veces más probabilidad de convertirse en usuarios duales.^{2,6} Entre los factores de riesgo asociados al uso dual entre adolescentes se encuentran: ser hombre, mayor disponibilidad económica, uso de otros productos de tabaco, haber visto publicidad de tabaco, y tener padres y amigos fumadores.^{1,7} Además, su uso ha sido ligado a comportamientos de riesgo y consumo de otras sustancias entre adolescentes y jóvenes. Los usuarios duales eran más propensos a involucrarse en actos violentos, consumir alcohol de manera excesiva, tenían tres veces mayor probabilidad de experimentar con marihuana e involucrarse en comportamientos sexuales de riesgo que los adolescentes que no consumían ningún produc-

to de tabaco.⁸⁻¹³ Además, los adolescentes con mayores síntomas depresivos tenían más probabilidad de convertirse en usuario dual y tres veces más probabilidad de tener pensamientos suicidas.^{14,15}

La prevalencia de uso dual entre los adultos va de 12.8 a 62%.^{5,16,17} Aquellos con mayor educación presentaban menor uso, y se encontró más en hombres y en áreas urbanas.¹⁷⁻¹⁹ Una de las mayores motivaciones entre los adultos para probar el vapeo es disminuir o cesar el consumo de tabaco. Sin embargo, los resultados no fueron consistentes; algunos encontraron dos veces mayor probabilidad de reportar intentos de cesación y reducción en el número de cigarros,^{17,20-23} además de mayor eficacia autopercibida para dejar de fumar.²¹ Sin embargo, otros artículos reportan que la probabilidad temprana de dejar de consumir tabaco entre los usuarios duales no se mantiene al cabo de 12 y 18 meses.²⁴ Incluso, se observó que aquellos que habían iniciado a vapear como medio para dejar de consumir cigarros, seguían siendo usuarios duales e incluso algunos habían incrementado su número de cigarros fumados.²⁴⁻²⁶

CONCLUSIÓN

El uso dual es un comportamiento que ha ido incrementando entre la población joven y adulta. Se ha reportado que una de las motivaciones más frecuentes para iniciar el uso del vapeo es el querer dejar de fumar. Sin embargo, al no lograrlo las personas se mantienen como usuarios duales, fumando y vapeando, lo que potencialmente puede incrementar su riesgo de enfermedades relacionadas al consumo de tabaco y nicotina. Otra motivación para iniciar el uso dual es la intención de seguir consumiendo nicotina en lugares donde está prohibido fumar, lo que va en contra del espíritu de protección a los demás de la ley, e incrementa el consumo y riesgo del usuario.

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