

Young smokers report more ocular symptoms

September 5 2023, by Lori Solomon



Adolescents and young adult users of both electronic cigarettes and cigarettes have a higher likelihood of experiencing severe and frequent ocular symptoms, according to a study published online Aug. 31 in

JAMA Ophthalmology.

Anne X. Nguyen, M.D., from McGill University in Montreal, and colleagues examined the frequency and severity of ocular symptoms (ocular discomfort, pain, burning, itching, redness, dryness, glare, blurriness, strain, and headaches) in 4,351 young e-cigarette and cigarette users (aged 13 to 24 years).

The researchers found that 1.1 to 3.9 percent of ever dual users reported severe to very severe ocular symptoms, and 0.9 to 4.3 percent reported daily symptoms, which was higher than the proportion of symptoms in e-cigarette- or cigarette-only users. More severe itching (adjusted odds ratio [aOR], 2.37; P = 0.002), redness (aOR, 2.58; P = 0.001), dryness (aOR, 2.89; P = 0.001), and more frequent headaches (aOR, 2.31; P = 0.003) and more frequent pain (aOR, 3.45; P = 0.001) were reported by dual users compared with e-cigarette- or cigarette-only users.

"These findings provide additional reasons for users of e-[cigarettes](#) and cigarettes to reduce their tobacco use to possibly prevent or minimize ocular symptoms," the authors write.

More information: Anne X. Nguyen et al, Ocular Symptoms in Adolescents and Young Adults With Electronic Cigarette, Cigarette, and Dual Use, *JAMA Ophthalmology* (2023). [DOI: 10.1001/jamaophthalmol.2023.3852](#)

Michael T. M. Wang et al, Electronic Cigarette Smoking and the Eyes, *JAMA Ophthalmology* (2023). [DOI: 10.1001/jamaophthalmol.2023.4020](#)

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