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## Electronic Cigarettes Vs. Regular Tobacco Cigarettes

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## **Abstract**

Smoking is one of the most talked about subject in public health. the use of electronic cigarettes is becoming increasingly popular among smokers world wide. Smoking E- cigarettes is thought to be healthier than smoking regular tobacco cigarettes. As stated by the Centers of Disease Control and prevention (2014), cigarette smoking causes 480,000 deaths every year in the United States; that is about one in five deaths. Although, electronic cigarettes are being marketed and promoted as being healthier to smoke compared to regular tobacco cigarettes, electronic cigarettes are just as harmful to the human body as tobacco cigarettes are.

For my thesis project, I am going to do a podcast. I plan on writing a descriptive script of information regarding my topic. Also, I will be working with faculty from the communications department as guidance on making a podcast. Doing a podcast on electronic cigarettes is a good way to provide information because there is not enough information of the health risks of electronic cigarettes. A podcast also provides a different way of obtaining the information for learners.