



ANGLAIS

5 An electronic cigarette (or e-cigarette), electronic vaping device, personal vaporizer (PV), or electronic nicotine delivery system (ENDS) is a battery-powered device which simulates tobacco smoking. It generally uses a heating element that vaporizes a liquid solution. Some solutions contain a mixture of nicotine and flavorings, while others release a flavoured vapor without nicotine. Many are designed to simulate smoking implements, such as cigarettes or cigars in their use and or appearance, while others are considerably different in appearance

Are e-cigarettes effective ?

10 The degree of effectiveness depends on what effect is being measured. Public health Professionals may be most concerned about **their** effectiveness in smoking cessation. There are four benefits most widely perceived by smokers : these are the degree to which they satisfy the desire to smoke (60 % smokers), help to cut down cigarettes (55 %) help quit entirely (5 %) and eradicate the smell of stale smoke (5 %). Effectiveness also varies between products and between users according to their experience in use.

15 Currently in the UK, any nicotine-containing product which claims or implies that **it** can treat nicotine addiction is considered to be a medicinal product and is therefore subject to regulation by the MHRA. Consequently, e-cigarette manufacturers have avoided making such explicit claims. Furthermore, the WHO has stated that “the electronic cigarette is not a proven nicotine replacement therapy”.

20 Nevertheless, survey data suggests that about 4 in 10 users do use them in an attempt to quit smoking and internet searches for the devices now exceed those for any other smoking cessation or nicotine replacement product. There is some evidence to suggest that e-cigarette use leads to abstinence among some smokers who had not intended to quit.

25 Empirical data on the effectiveness of e-cigarettes as a stop-smoking aid is limited and the risks and benefits are still being studied. Some reports from the published literature suggest that electronic cigarettes are inefficient nicotine delivery devices and result in only modest and unreliable increases in plasma nicotine levels. Such findings appear to apply particularly to new users whereas studies using participants experienced in e-cigarette use have been found to derive more reliable nicotine intake levels. Whether experienced users are able to use these devices in a way in which the nicotine intake is maximized, or the variability is down to such users preferring certain devices which might significantly differ from **those** used by inexperienced users, is yet to be determined.

30 Nevertheless, growing evidence suggests that e-cigarettes are becoming more reliable in their nicotine delivery and that they have a beneficial impact in reducing subjective cravings and, in turn, number of cigarettes smoked. Moreover, some studies have demonstrated an ability for certain brands of e-cigarettes to reduce subjective nicotine cravings despite delivering low ASH plasma nicotine levels.

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 Topics : *Health, Mind & Brain*
 Ash.org.uk/files/documents/ASH_715.pdf

Notes :

intake = consumption

devices = systems

cravings = strong desires

N H R A = Medicine and Healthcare products Agency

I. READING COMPREHENSION (8 marks)

A. Vocabulary in context (1.5 marks)

Find in the text the equivalents of the following words

1. Emit (paragraph 1)
2. Treatment (paragraph 3) :
3. Profitable (paragraph 5)

B. True / false Justify by quoting the text

4. Most solutions in e-cigarettes contain nicotine.
.....

5. According to WHO, e-cigarettes do not efficiently substitute nicotine.
.....

6. Less than half of the smokers of e-cigarettes use it for the purpose of stopping smoking cigarette definitively.
.....

A. Referencing

(1.5 marks)

What do the following words refer to in the text ?

7. Their : (their effectiveness in smoking (line 8) :
.....

8. It : (it can treat nicotine addiction (line 12) :
.....

9. Those : (those used by inexperienced users (line 26) :
.....

B. Information transfer

(2 marks)

Look for information in the text to complete the sentences

The use of e-cigarettes can result into :

10.

11.

Give two reasons why some people doubt the effectiveness of e-cigarettes

12.

13.

II. LINGUISTIC COMPETENCE

(8 marks)

C. Dialogue completion

(4 marks)

Amadi is not feeling well. He goes to see his friend Ali. Complete their conversation meaningfully

Aly : 14. You seem to be sick, ?

Amady : 15. : You're right. I (not to feel).....well for a few days

Aly : 16. Really ? with you ? I'm sure it has something to do with your heavy smoking.

Amady : 17. Yes, it does. The doctor said that if....., I'll die soon.

Aly : 18. And..... stop smoking ?

Amady : 19. I've tried but..... I'm addicted

Aly : 20. trying e-cigarettes ?

Amady : 21. Yes, I heard it's an efficient
.....
.....

D. Word Building

(2 mark)

Give the correct word deriving from the ones in parentheses.

22. The MHRA. (regulation)all products containing nicotine. This is due to the fact that manufacturers are looking for more (23) (profit) effects. Besides, the WHO has not given its total (24) (agree) about the nicotine therapy. They are still doubtful about its total (25) (efficient)

E. Prepositions

(2 marks)

Complete with the correct preposition from the list : by, with, in, to, for, off, from

26. Some African young smokers are not interested.....e-cigarettes.

In fact both traditional cigarettes and e-cigarettes are dangerous 27 the smoker's health. They can make him suffer 28. diseases which can be fatal 29.

.....their lives.

III. WRITING

(4 marks)

Choose one of the two topics. Write about 120 words.

30. Nowadays, some smokers opt for e-cigarettes because they think that this new form of smoking can reduce the bad effects of smoking.

Do you agree with them ? Defend your view.

31. Write an email in which you sensitize your friends smokers on the existence of e-cigarettes and try to convince them to use them as an alternative to smoking.