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Electronic cigarettes can help you quit

However, decisive help from the experts



KEYWORDS | [cigarettes](#) , [addiction](#) , [smoking](#) ,

One in two smokers can give up using traditional cigarette with a significant reduction in respiratory impairment due to use of the electronic cigarette driven. This is the conclusion reached by the researchers from the Smoking, Alcohol and Drug Institute of Health in collaboration with the Centre of the St. John Bosco Smoke ASL TO 2 of Turin who monitored the use dell'e- cig in 34 heavy smokers resistant to any type of smoking cessation intervention.

"In order to make decisions about the electronic cigarette studies such as these are important and necessary because they help you understand the limitations and opportunities offered by this tool - says Walter Ricciardi Special Commissioner of National Institute of Health - This study shows in particular the importance of using the electronic cigarette as a cessation tool in health care. Its effectiveness, in fact, is linked to its correct use allowing, in heavy smokers, to absorb the right amount of nicotine to prevent the patient from excess toxicity or withdrawal symptoms. " The study included 34 smokers, 18 men and 16 women, mean age 40 years, who consumed 20 cigarettes a day for at least twenty years old, recruited Smoke in the center of the San Giovanni Bosco in Turin. Participants in the study were examined exhaustively and was measured in breath carbon monoxide as a marker of absorption of the products of combustion of the cigarette. All have been proposed the use of the electronic cigarette in place of normal cigarettes. The medical team gave the participants a complete kit with the electronic device, the battery charger to charge your device and a series of liquid containing nicotine, chosen by the smoker according to his preferences on flavorings. Health professionals also taught for smoking the correct use of the device, taught that "as you absorb nicotine from the electronic cigarette" without incurring a withdrawal or iperdosaggi crisis. "After the first month of the study, 74% of participants used only electronic

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cigarette, 18% smoked both the electronic cigarette a cigarette-five normal and only 8% of the participants continued to smoke regular cigarettes. - Explains Fabio Beatrice, Director, Center Smoke St. John Bosco in Turin - Clearly smokers and smokers Mixed electronics had a value of carbon monoxide in breath significantly lower, reaching the so-called normal range (0.3-0.5%) present in the population do not smoke. "

"With this study we have also shown that the plasma metabolite of nicotine, cotinine, had similar concentrations to those of departure in the three groups, indicating that the smoking of "electronic "were able to assume all the nicotine necessary to avoid the phenomenon of "craving" that is, the withdrawal symptoms - said Roberta Pacifici Director of the Smoking Alcohol and Drug ISS - After four months of the start of the study, 50% of the study participants used only the one electronic cigarette, 24% claimed to smoke a joint and 26% went back to being sunny smoker tobacco cigarettes. However in the latter two groups is present in a significant reduction in the number of daily cigarettes with a consequent significant decrease, also in smokers pure, of carbon monoxide in breath, and therefore a significant indicator of lung injury. "

The next step of the study, currently underway, involves the reduction of the scalar quantity of nicotine taken under the guidance of health professionals, in order to achieve a significant reduction also of damage to the cardiovascular system.

"The electronic cigarette inserted in a specific clinical methodology as an alternative to traditional means to quit smoking, improves the technical support and health care for smokers stronger - said Maurizio Dalley, Director General ASL TO 2 - the importance of this trial rewards the commitment of our company in tobacco control and the promotion of healthy lifestyles, which occurs not only in the treatment but also in research. "

A document published by the World Health Organization in view of the Conference of the Parties to the WHO Framework Convention on Tobacco however, argues that the use of electronic cigarettes in order to quit smoking is not a good idea.

The WHO experts are especially concerned about the impact of e-cig on the young and pregnant women. It should be noted, however, that a decision of the Minister of Health Lorenzin last year to ban the sale of electronic cigarettes to minors.

Beyond the latter study presented on the effects of the electronic cigarettes actually there are differing opinions in the scientific community. Some studies suggest a positive effect of electronic cigarettes as part of attempts to escape from nicotine addiction, while others deny any benefit.

Among the latter, a study by University of California, San Francisco published in the Journal of the American Medical Association supports Pediatrics that users of the new tools for the smoke does not have a better propensity to abstinence than other smokers.

The scientists examined data on 949 smokers in California, 13.5 percent of them reported that they had quit smoking during the year. Within the sample, 88 were smokers of electronic cigarettes, of which only 10.2 percent had stopped smoking during the current year, and an even lower percentage than in the first group, which shows, according to the researchers, the ineffectiveness of electronic cigarettes to do so.

In contrast, a study by the University of Catania supports the effectiveness of the electronic cigarette as a tool to quit smoking. The research, published in BMC Public Health by Riccardo Polosa and colleagues, it integrates the data of those who have quit smoking permanently and those who have significantly reduced the use of cigarettes themselves. Overall, there was a decrease of 55 percent. The study was presented at a meeting of the Society for Research on Nicotine and Tobacco, which was held in Antalya, Turkey.

It is on another trial, also Italian, born from the collaboration between European Institute of Oncology, Istituto San Raphael and Monzino Cardiology Centre, which is expected to enroll 126 smokers who consume at least 10 cigarettes a day for 10 years. The researchers split the participants into two groups; the first will be offered behavioral therapy for smoking cessation, the second, counseling, medical personnel will also add the use of the electronic cigarette. The test will last 2 months with a median follow-up of 6 months. Carlo Cipolla, Unit of Cardiology and Director of the Center Smoke IEO, said: "This scientific protocol will test the electronic cigarette in the more difficult, leading to patients who are in need immediate have to stop smoking, without having time to assess and

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need immediate have to stop smoking, without having time to access and follow a comprehensive protocol that requires months of combination therapy. Patients who need ICU, in a clean room or surgical ward should immediately and completely stop smoking and show, as a result, discomfort, restlessness and in some cases severe signs of withdrawal. The hope is that this targeted intervention in a hyper-acute may have a positive impact not only the immediate, but also long-term. "

According to Elena Calvi, a psychoanalyst at the IEO, "from the few studies published to date is found that the electronic cigarette could be useful to appease the non-nicotine aspects of smoking addiction. The electronic cigarette could in fact turn out to be a very valuable tool to trigger the early stages of the path of cessation, the dependence of the psychological gesture. "

The study will make use of an electronic cigarette without nicotine. The researchers hope to be able to offer an alternative to the many smokers who, while willing to stop, they can not go all the way. At the time, the incidence of smoking in our country has stabilized at around 25-35 percent, with small oscillations insignificant from a statistical standpoint. Moreover, while there is a downward trend in the percentage rate among adult men, we see the contrary in a reverse phenomenon among women and young people. <http://www.italiasalute.it/Psichiatria.asp> Andrea Small
14/11 / 2014



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