

# Call of Abstracts - "International conference on the E-Cigarette: patterns of use and health impacts"



## Call of abstracts

"International conference on the E-Cigarette: patterns of use and health impacts" - Paris, on 5-6th December 2022

### Submission form

Poster & oral presentation

## Contact details of the corresponding author

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## Background information

### Type of submission

Oral or poster

### Theme of conference

Patterns of use

## Keywords

Harm reduction

Smoking cessation

Trajectories of users

## Abstract title

E-cigarettes for smoking cessation: the latest Cochrane living systematic review evidence

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## Abstract details (poster & oral)

### Background, method, results and conclusions

**Background:** When investigating e-cigarettes (EC) for smoking cessation, three of the most policy relevant questions relate to effectiveness, safety and long-term use. We will present the latest available evidence on these outcomes from the Cochrane living review of EC for smoking cessation, currently under update.

**Methods:** We search monthly for studies testing EC interventions for smoking cessation in people who smoke combustible tobacco cigarettes (CC). Studies had to report abstinence from CC at 6 months or longer &/or data on adverse events or other markers of safety at 1 week follow-up or longer. We carried out screening and data extraction in duplicate, according to Cochrane methods.

**Results:** At time of writing, we have identified 75 studies (n=19076) eligible for inclusion. We will report

the latest evidence on the effectiveness, tolerability & safety of using EC to help people who smoke CC achieve long-term smoking abstinence. Our main comparators are EC vs NRT; nicotine EC vs non-nicotine EC; & EC vs behavioral support or no support. We will also report on the patterns of longer-term EC use and health impacts in terms of levels of toxicants among people using EC compared to continued use of CC in stop smoking trials. We will report results of our recent meta-analysis of the prevalence of continued EC use among individuals allocated to EC conditions (54%), and among those individuals who had successfully quit CC (70%).

Conclusions: We will present the most up-to-date data from our living systematic review. Our current data consistently signal benefit of nicotine EC for smoking cessation and do not show any clear evidence of harm. We found substantial numbers of people who use EC in quit attempts continue to use them for at least 6 months, with higher long-term use in people who successfully quit. Further research is needed to establish drivers of variation in and implications of continued use of EC, including longer-term studies investigating potential harms.

## **Main messages**

Data consistently signal benefit of nicotine EC for smoking cessation, with no clear evidence of short-term harms. More than half of people given an EC to stop smoking are likely to still be using them 6 months later.

## **Type of study / research**

Systematic review

## **Geography of the study**

International (including Europe)

## **Funding of study**

### **Federal source**

Yes

### **State source**

No

### **Nonprofit Grant Funding Entity Source**

Yes

### **Nonprofit Grant Funding Entity Source**

Yes

### **Academic Institution Source**

Yes

### **Pharmaceutical Industry Source**

No

## **Tobacco/E-Cigarette Industry Source**

No

## **Declaration of interest**

**The submitter declares that during the past 5 years have a direct nor indirect link (professional\*, personal or financial\*\*) with the tobacco and e-cigarette companies**

No