

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

Symposium proposal

Contact details of the corresponding organiser

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Background information

Type of submission

Symposium

Theme of conference

Patterns of use

Keywords

Addiction

Harm reduction

Smoking cessation

Symposium title

Effects of electronic cigarettes on smoking cessation in smokers with no plans to quit.

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Chairpersons's contact details :

Number of chairpersons

1

Chairperson 1

Martin Dockrell United Kingdom Martin.Dockrell@dhsc.gov.uk

Symposium proposal

Abstract of the symposium

Background: Smokers with a serious plan to quit smoking in the near future can increase their chances of quitting smoking by using approved smoking cessation medications (e.g. NRT or varenicline) and counseling. Smokers with no immediate plans to quit smoking are very unlikely to use these methods. However they may be interested in using electronic cigarettes (e-cigs) to reduce their smoking or reduce the harms to health from smoking. It is unclear how such use of e-cigs by smokers with no plans to quit smoking influences their rates of quitting smoking.

Objectives: This symposium has 4 objectives: 1. To describe the patterns of e-cig and cigarette use of smokers with no plans to quit smoking who then begin using e-cigs. 2. To describe the effects on smoking cessation in smokers with no plans to quit who start using e-cigs. 3. To describe and evaluate the consistency of results from different types of research (e.g. RCTs, Naturalistic cohort studies, surveys, in both USA and France) on the effects of e-cig use on smoking cessation in smokers with no plans to quit. 4. To discuss the likelihood that this research evidence from around the world is directly relevant to the context in France.

Added Value: Cigarette smokers not planning to quit are often overlooked in population studies

evaluating the risk-benefit potential of electronic nicotine delivery products (e-cigs). The results from a variety of different studies suggest that e-cigs may provide an important benefit to smoking cessation among smokers with no plans to quit. This should be included when evaluating the risk-benefit of e-cigs and their effects on population health.

The proposed format is 3, 12-minute presentation, with 3 minutes of questions and answers on each presentation (lasting 45 minutes in total), followed by 15 minutes of further discussion on the issues raised, including further questions and answers from the audience.

Main messages

A significant proportion of daily smokers have no plans to quit (e.g. 17% in USA) or have never attempted to quit (e.g. around 30% in France). These smokers appear more likely to quit smoking if they use electronic cigarettes.

Number of presentations

3

Presentation 1

Effect of Electronic Cigarettes on Cigarette Abstinence in Smokers With No Plans to Quit: Exploratory Analysis of a Randomized Placebo-Controlled Trial.

Jonathan Foulds PhD. (Penn State College of Medicine, Hershey PA, USA)

Background: The extent to which use of electronic cigarettes (e-cigs) for smoking reduction leads to cigarette abstinence in smokers with no plans to quit smoking is unclear. This study examined the effects of e-cigs delivering different amounts of nicotine on cigarette abstinence up to 24-week follow-up, in comparison to placebo or a behavioral substitute.

Method: This four-arm parallel-group, randomized, placebo-controlled trial took place at two academic medical centers in the United States (Penn State Hershey and Virginia Commonwealth University). Participants were current adult smokers (N = 520) interested in reducing but not planning to quit. They received brief advice and were randomized to one of four 24-week conditions, receiving either an eGo-style e-cig paired with 0, 8, or 36 mg/ml nicotine liquid (double-blind) or a cigarette-shaped tube, as a cigarette substitute (CS). Self-reported daily cigarette consumption and exhaled carbon monoxide (CO) were measured at all study visits. Outcomes included intent-to-treat, self-reported 7-day cigarette abstinence, biochemically confirmed by exhaled CO at 24 weeks after randomization.

Results: At 24 weeks, significantly more participants in the 36 mg/ml condition (14/130, 10.8%) than in the 0 mg/ml condition (1/130, 0.8%) and the CS condition (4/130, 3.1%) were abstinent (relative risk = 14 [95% CI = 1.9–104.9] and 3.5 [95% CI = 1.2–10.4], respectively). The abstinence rate in the 8 mg/ml condition was 4.6% (6/130).

Conclusions: When smokers seeking to reduce smoking tried e-cigs, few quit smoking in the short term. However, if smokers continued to use an e-cig with cigarette-like nicotine delivery, a greater proportion completely switched to e-cigs, as compared with placebo or a cigarette substitute.

Main Message: This randomized trial found that e-cigs with nicotine delivery approaching that of a cigarette are more effective in helping ambivalent smokers to quit cigarette smoking.

Presentation 2

Association of Electronic Cigarette Use With Discontinuation of Cigarette Smoking Among Adult Smokers Who Were Initially Never Planning to Quit.

Ray Niaura PhD. (New York University, NY, NY, USA)

Background: This study aimed to evaluate whether e-cig use is associated with discontinuing cigarette smoking among smokers who were initially never planning to quit.

Method: This cohort study used US nationally representative data from the longitudinal Population Assessment of Tobacco and Health Study (waves 2-5 conducted between October 2014 and November

2019), with participants evaluated in 3 pairs of interviews. Adult daily cigarette smokers initially not using e-cigs and with no plans to ever quit smoking (2489 observations from 1600 individuals) were included. The main outcome was discontinuation of cigarette smoking at follow-up interview. Generalized estimating equations were used to evaluate the association between the exposure and outcome, controlling for demographic characteristics and cigarettes smoked per day at baseline interview.

Results: The weighted population of adult daily cigarette smokers who were not using e-cigs and had no plans to ever quit smoking, based on data from 1600 participants, was 56% male, 76% non-Hispanic White; 29% were aged 55 to 69 years, 8.9% were aged 70 years or older, 37.6% smoked 20 to 29 cigarettes per day, and 13% smoked 30 or more cigarettes per day. Overall, 6% of the population discontinued cigarette smoking. Discontinuation rates were higher among those who used e-cigs daily (28%) compared with not at all (6%; adjusted odds ratio [aOR], 8.11; 95% CI, 3.14-20.97). Furthermore, 11% discontinued daily cigarette smoking, with higher rates of discontinuation observed among those who used e-cigs daily (46%) compared with not at all (10%). Nondaily e-cig use was not associated with cigarette discontinuation.

Conclusions: In this cohort study, daily e-cig use was associated with greater odds of cigarette discontinuation among smokers who initially had no plans to ever quit smoking.

Main Messages: These findings support the consideration of smokers who are not planning to quit when evaluating the risk-benefit potential of e-cigs for smoking cessation in the population.

Presentation 3

Do the associations between the use of electronic cigarettes and smoking reduction or cessation attempt persist after several years of use? Longitudinal analyses in smokers of the CONSTANCES cohort.

Guillaume Airagnes MD, PhD. (University of Paris, Faculty of Medicine, Paris, France)

Background: It is unclear whether duration of electronic cigarette (e-cig) use in France is associated with smoking reduction or cessation.

Methods: 5,409 current smokers at baseline enrolled in the French CONSTANCES cohort in 2015 or 2016 were included. Duration of e-cig use was categorized as follows: never; former user for more than one year; former user for less than one year; new user for less than one year; return to use for less than one year; regular use for one to two years; regular use for more than two years. Two outcomes were considered at one-year of follow-up: change in the number of cigarettes per day and cessation attempt. Results: Compared to never e-cig users, former users had an increase in the number of cigarettes per day at follow-up. Compared to never users, all categories of current users had a decrease in the number of cigarettes per day ($B = -3.31[95\%CI:-4.07;-2.54]$ and $B = -4.18[95\%CI:-5.06;-3.29]$ for new users of less than one year and users of more than two years, respectively). Compared to never users, former users had a decreased likelihood of cessation attempt. Compared to never users, all categories of current users had an increased likelihood of cessation attempt ($OR = 3.12[95\%CI:2.32;4.19]$ and $OR = 3.36[95\%CI:2.39;4.72]$ for new users of less than one year and users of more than two years, respectively).

Conclusions: E-cigarette use was associated with smoking reduction and cessation attempt for individuals who have used it for less than one year and additional benefits are expected to occur with a longer duration of use. Former users of e-cigs had poorer outcomes than those who have never used them.

Main Messages: Our findings from a cohort study in France showed that electronic cigarette use is associated with a decreased tobacco consumption and an increased likelihood of cessation, consistent with the findings in the United States.

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Yes

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Yes

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No

Nonprofit Grant Funding Entity Source

No

Academic Institution Source

No

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