



FINAL
PROGRAMME

3rd Scientific Summit

Tobacco Harm Reduction:
Novel products, Research & Policy

24 & 25 SEPTEMBER 2020

a **VIRTUAL**
summit

www.nosmokesummit.org

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Tobacco Harm Reduction:
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ORGANISERS

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COORGANISERS



Πανεπιστήμιο Δυτικής Αττικής
Department of Public and
Community Health



HELLENIC REPUBLIC
National and Kapodistrian
University of Athens

Medical School
2ND CARDIOLOGY DEPARTMENT
UNIVERSITY HOSPITAL ATTIKON

SUPPORTING ORGANISATIONS



HELLENIC SOCIETY
OF TOXICOLOGY



Κυπριακό Ινστιτούτο Αναπνευστικών Νοσημάτων – Κ.Ι.Α.ΝΟΣ.
Cyprus Institute of Respiratory Diseases – C.I.R.D.

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WELCOME NOTE

The **Scientific Summit on Tobacco Harm Reduction - Novel products, Research & Policy**, is organised for the third consecutive year by the Department of Biochemistry-Biotechnology, Postgraduate Program "Toxicology" of the University of Thessaly, and the Laboratory of Molecular Biology and Immunology, Department of Pharmacy of the University of Patras; in collaboration with the Department of Public & Community Health, University of West Attica, Athens, and the 2nd Cardiology Dept., University Hospital Attikon, Medical School, National and Kapodistrian University of Athens. The Cyprus Institute of Respiratory Diseases, Nicosia, Cyprus joined to support the Summit organisers, together with top researchers, clinicians, and scientists from diverse fields, from around the world.

The COVID-19 pandemic and the high risk of a second wave contributed to the decision the 3rd Scientific Summit on Tobacco Harm Reduction to become virtual! The physical presence and the possibility to meet colleagues and discuss face to face is very valuable to one's work. Unfortunately, this is lost. However, a new dimension has emerged: the possibility to bring together people from around the globe that one cannot easily achieve in a physical event. We have 49 speakers from 26 countries, from 5 continents! Quite an achievement, a genuinely international event!

The frequency of alternative tobacco product use (e-cigarettes, Heat-not-Burn products, loose leaf, snus, etc.) among smokers and the association with switch and quit attempts is increasing; the scientific community is debating, in the attempt to explain the benefits and the risks associated with these products. Despite knowing the harmful health effects of smoking for decades, still more than 1 billion people globally smoke and more than 7 million die prematurely every year from smoking-related disease. Health issues are emerging that demand more research and sound interpretation of research and clinical data.

The objectives of the Summit are to offer opportunities for scientists of different countries to:

- Present, discuss, and challenge recent data related to the topics of Tobacco Harm Reduction and Tobacco Control
- Discuss and debate on scientific, technological, medical, regulatory, legal and policy issues for advancing the technical capacity of the participating countries
- Provide an environment where regulatory authorities and policy makers may present to the scientific and medical communities their prospective course of action.

CONGRESS SECRETARIAT

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THURSDAY - September 24, 2020

9:30-11:00 **Novel nicotine-delivering products: toxicology, regulation, and health issues**

Chairs: **Demetrios Kouretas & Konstantinos Poulas**

- Systems toxicology assessment of a representative e-liquid formulation using human primary bronchial epithelial cells, **Diego Marescotti**
- The flavoring and not the nicotine content of e-cigarette refill liquids affects the redox status of endothelial cells, **Zoi Skaperda**
- Smokeless tobacco induced biophysical and biochemical alterations in the plasma, erythrocytes, and platelets of panmasala users: subsequent biological effects, **Narendra Maddu**
- Reductions in biomarkers of exposure when switching from cigarette smoking to using a tobacco heating product for 6 months, **Nathan Gale**
- Toxicity assessment of a range of flavour e-liquids, **Damien Breheny**

11:00-11:30 **Opening remarks**
Goals of the 3rd Scientific Summit on Tobacco Harm Reduction
Organizing Committee

11:30-13:00 **Tobacco Control Policies - Do they work?**

Chairs: **Michael G. Toumbis & Karl E. Lund**

- Global tobacco control efforts — What has been done so far? **Stamatoula Tsikrika**
- How are we addressing youth appeal and access? **Lion Shahab**
- Smoking Cessation: Best practices to improve quit rates, **Georgios S. Goumas**
- e-Cigarettes for smoking cessation, **Paraskevi A. Katsaounou**

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13:00-14:30 **Oral Presentations (submitted abstracts)**

Chairs: **Anastasia Barbouni, Demetrios Kouretas, Konstantinos Poulas**

Epidemiology & Social Issues

- IQOS uptake and history of tobacco product use: findings from cross-sectional surveys in Japan, Italy, and Germany, **Steve Roulet**
- Estimates of the population's use of the JUUL Electronic Nicotine Delivery System may vary between survey questions that are accompanied and unaccompanied by an image of the JUUL device, **Christopher Russell**
- Preclinical evaluation

Smoking cessation

- Understanding the need to (re) innovate Tobacco Harm Reduction strategies for the Indian subcontinent, **Nilesh Jain**

Clinical Assessment and Harm Reduction

- Tobacco Heating System 2.2 in mild to moderate chronic obstructive pulmonary disease subjects: An exploratory analysis, **Francesco Sergio**

14:30-15:00 **Break || Posters Q & A (I)**

Thematic categories:

- 1 - Epidemiology & Social Issues (perception risk, attractiveness, etc.)
- 2 - Toxicology and aerosol chemistry etc.
- 3 - Biomarkers' evaluation in animal or human studies
- 4 - Preclinical evaluation

15:00-15:30 **Keynote lecture**

Risk proportionate regulation and the science to support it: How rapidly can we end the epidemic of cigarette-caused disease? **David T. Swenor J.D.**

Chair: **Ignatios Ikonomidis**

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15:30-17:00 **Public Health Policy and Regulation – What is expected in the future?**

Chairs: ***Panos E. Vardas & David T. Sweanor J.D.***

- Longitudinal evaluation of Harm Reduction strategies worldwide, ***Karl Fagerström***
- What standards should authorities apply to alternative nicotine products to address challenges without losing potential benefits to adult smokers? ***Michael G. Toumbis***
- Public health risk communication: the FDA example, ***Clive Bates***

17:00-18:30 **Clinical Assessment and Research**

Chairs: ***Peter Harper & Ignatios Ikonomidis***

- Update on e-cigarettes publications: Safety and effects on smokers, nonsmokers and youth, ***Konstantinos Farsalinos***
- Potential to reduce the risk of smoking-related diseases when switching from smoking to the tobacco heating system, ***Christelle Haziza***
- Acute effects of heat-not-burn versus standard cigarette smoking in smokers, ***Charalambos Vlachopoulos***
- Novel smoking products and cardiovascular risk, ***Giuseppe Biondi Zoccai***
- Differential effects of heat-not-burn and conventional cigarettes on coronary flow, myocardial and vascular function, ***John Thymis***

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FRIDAY - September 25, 2020

9:30-10:00

Hot topic

COVID-19 and nicotinic cholinergic system: an interaction which affects Public Health, **Konstantinos Poulas & Konstantinos Farsalinos**

10:00-10:30

Keynote lecture

Could the scientific and medical community play a role in making policy makers to reconsider the tobacco control strategies? **David Khayat**

Chair: **Demetrios Kouretas**

10:30-11:00

Lecture

New Legislation on smoking control in Greece, **Ioannis Faropoulos**

Chair: **Anastasia Barbouni**

11:00-12:30

Panel Discussion

Should Tobacco Harm Reduction become a Public Health Policy tool globally?

Chair: **Panos E. Vardas**

Panelists: **Ladislav Czemy, Stanimir Hasardzhiev, Karl Fagerstrom, Andrzej M. Fal, Fernando Fernandez Bueno, Charmaine Gauci, Karl E. Lund, Alex Wodak**

12:30-13:30

Panel Discussion

The doctor's dilemma: Providing guidance on alternative smoking products to adult smokers amid controversy and change

Chair: **Dimitri Richter**

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Panelists: *Efrain Cambronero, Manuel Pais Clemente, Peter Harper, Piotr Kuna, Emil Toldy-Schedel, Michael G. Toumbis*

13:30-14:00 **Break || Posters Q & A (II)**

Thematic categories:

5 - Regulatory issues

6 - Smoking cessation

7 - Clinical Assessment and Harm Reduction

14:00-15:00 **Panel Discussion**

Tobacco Harm Reduction in low- and middle-income countries

Chair: *Nimesh G. Desai*

Panelists: *Amaliya Amaliya, Efrain Cambronero, Sharifa Ezat Wan Puteh, Kgosi Letlape, Fares Mili, Rajesh Sharan, Ron Christian G. Sison*

15:00-16:00 **Panel Discussion**

Bioethics: Smokers' right on credible information

Chair: *Konstantinos Farsalinos*

Panelists: *Panagiotis D. Bamidis, Stanimir Hasardzhiev, Monica Gorgulho, Enrique Rios Espinosa*

16:00-17:00 **Smoking Control & Harm Reduction Association Announcement**

■ Mission, Values, Principles

■ Position Statement & Voting

17:00-17:30 **Closing Remarks**

Organizing Committee

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SPEAKERS' LIST

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Amaliya Amaliya	M.Sc., PhD, Dentist, Department of Periodontology, Faculty of Dentistry, Padjadjaran University, Bandung, Indonesia
Panagiotis D. Bamidis	Professor, Medical Education Informatics Lab of Medical Physics, Medical School Aristotle University of Thessaloniki, Thessaloniki, Greece
Anastasia Barbouni	MD, MSc, PhD, Professor of Public Health and Disease prevention, Department of Public and Community Health, School of Public Health, University of West Attica, Athens, Greece
Clive Bates	Director, Counterfactual Consulting Limited, London, UK
Giuseppe Biondi Zoccai	Associate Professor in Cardiology, Department of Medico-Surgical Sciences and Biotechnologies, Sapienza University of Rome, Rome, Italy
Damien Breheny	Preclinical Assessment Team Manager, R&D Centre, British American Tobacco, Southampton, UK
Efraín Cambronero	MD, FACS, Chief of Surgical Oncology; Head and Neck Surgery, Centro Oncologico Costarricense; Chief Medical Officer, San Jose, Costa Rica
Ladislav Csémy	PhDr., Senior researcher, Head of the Centre for Epidemiological and Clinical Research in Addictions, National Institute of Mental Health; President of the Harm Reduction Academy, Czech Republic, Prague
Nimesh G. Desai	Director, Institute of Human Behavior and Allied Sciences (IHBAS), Delhi, India
Enrique Ríos Espinosa	MD, Dr.PH, MPH, Public Health Specialist, Mexico
Sharifa Ezat Wan Puteh	Professor of Hospital Management and Health Economics; Deputy Dean (Relation & Wealth Creation), Faculty of Medicine, UKM Medical Centre; Previous Head of International Centre for Casemix and Clinical Coding (ITCC), UKM Medical Centre, Malaysia
Karl Fagerstrom	Professor Emeritus; President, Fagerstrom Consulting, Sweden
Andrzej M. Fal	Prof. h.c., MD, PhD, MBA, FAAAAI, President, Polish Society of Public Health; Head, Department of Allergy, Lung Diseases and Internal Medicine, Central Clinical Hospital, Ministry of Interior; Director, Institute of Medical Science UKSW, Warsaw, Poland
Ioannis Faropoulos	Scientific Advisor to the General Secretariat for Public Health, Ministry of Health, Athens, Greece

SPEAKERS' LIST

Konstantinos Farsalinos	MD, MPH, Adjunct Professor, King Abdulaziz University, Saudi Arabia; Senior Researcher, University of Patras; School of Public Health, University of West Attica; Data & Media Lab, University of Peloponnese, Greece
Fernando Fernández Bueno	MD, MSc, Oncological Surgeon, Hospital Gomez Ulla, Madrid; President of the Platform of Tobacco Harm Reduction, Madrid, Spain
Nathan Gale	BSc (Hons) MRSC RICR, Senior Scientist – Clinical Research, British American Tobacco, Southampton, UK
Charmaine Gauci	M.D., M.Sc, Ph.D, FRSPH, FFPH, Director General/ Superintendent of Public Health, Department for Health Regulation, Malta
Monica Gorgulho	Clinical Psychologist, MSc, Sao Paulo, Brazil
Georgios S. Goumas	MD, PhD, FESC, Director at Cardiology Clinic, Athens Euroclinic, Athens, Greece
Peter Harper	Consultant, Medical Oncologist, London, UK
Stanimir Hasardjiev	Chairman, National Patients Organization, Bulgaria
Christelle Haziza	Director Health Science & Biostatistics, Philip Morris, Neuchâtel, Switzerland
Ignatios Ikonomidis	Professor in Cardiology, Medical School, National and Kapodistrian University of Athens, 2nd Cardiology Department, Attikon Hospital; Director of Echocardiography and Laboratory of Preventive Cardiology, Athens, Greece
Paraskevi A. Katsaounou	Assistant Professor of Pulmonary Medicine, Evaggelismos Hospital, National and Kapodistrian University of Athens; Chair of Smoking Cessation and Public Health Group of Hellenic Thoracic Society; Chair of Group 6.3 Tobacco, Smoking Cessation and Health Education European Respiratory Society, Athens, Greece
David Khayat	MD, PhD, FASCO, Former President of the National Cancer Institute; Professor of Medical Oncology, Bizet Clinic, Paris, France
Demetrios Kouretas	Professor, Animal Physiology – Toxicology, University of Thessaly, Larissa, Greece; President of the Hellenic Society of Toxicology
Piotr Kuna	Chair, Division of Internal Medicine, Asthma and Allergy, Medical University of Łódź, Poland
Kgosi Letlape	Dr, President of the HPCSA, Health Professions Council of South Africa; Chairperson, Medical and Dental Board, Johannesburg, South Africa
Karl E. Lund	Dr, Senior researcher, Norwegian Institute of Public Health, Norway
Narendra Maddu	Assistant Professor of Biochemistry, Sri Krishnadevaraya University, Anantapur, India

SPEAKERS' LIST

Diego Marescotti	High Content Screening Manager, System Toxicology Department, Philip Morris International R&D, Neuchâtel, Switzerland
Fares Mili	MD, Pulmonologist, Allergiologist, Specialist in addiction behaviors, President of the NGO «Société Tunisienne de Tabacologie et des comportements d'addiction (STTACA)», Tunisia
Manuel Pais Clemente	MD, PhD, Retired Full Professor, Department of Otorhinolaryngology, Porto University School of Medicine; Vice-President, European Medical Association; President, World Voice Consortium, Porto, Portugal
Konstantinos Poulas	PhD, Associate Professor of Biochemistry, Laboratory of Molecular Biology and Immunology, Department of Pharmacy, University of Patras, Greece
Dimitri Richter	MD, FESC, FAHA, Head of Cardiology Department, Euroclinic Hospital, Athens, Greece
Lion Shahab	Dr, MA (Oxon) MSc MSc PhD CPsychol AFBPs PGCLTHE, Associate Professor in Health Psychology, Department of Behavioural Science and Health, University College London, London, UK
Rajesh N. Sharan	Professor, Radiation and Molecular Biology Unit, Department of Biochemistry, North-Eastern Hill University, Shillong, India
Ron Christian G. Sison	MLS(ASCPi), MPH, Lead Convenor, Harm Reduction Alliance of the Philippines (HARAP), Philippines
Zoi Skaperda	PhD student, MSc Toxicology, Laboratory of Animal Physiology, University of Thessaly, Department of Biochemistry and Biotechnology, Larissa, Greece
David T. Sweanor J.D.	Chair of the Advisory Board, Centre for Health Law, Policy & Ethics, University of Ottawa, Ottawa, Canada
John Thymis	Scientific associate, 2nd Cardiology Department, Attikon Hospital, University of Athens, Athens, Greece
Emil Toldy-Schedel	Dr., General Director, St. Francis Hospital Budapest (Budapesti Szent Ferenc Kórház), Budapest, Hungary
Michael G. Toumbis	MD, PhD, FCCP, Pneumonologist; President of the Cyprus Institute of Respiratory Diseases, Nicosia, Cyprus
Stamatoula Tsikrika	MD, MSc, PhD, Chest Physician in Thoracic Diseases, General Hospital Sotiria; Secretary of ERS Group 6.3: Tobacco, Smoking Control and Health Education 2020-2023

SPEAKERS' LIST

Panos E. Vardas

Professor, MD, PhD (London, UK); Chairman of Heart Sector, Hygeia Hospitals Group; Past President of the European Society of Cardiology; Visiting Professor, Imperial College, UK; Chief Strategy Officer of ESC/ European Heart Agency, Brussels

**Charalambos
Vlachopoulos**

Professor of Cardiology, Athens Medical School, Athens, Greece

Alex Wodak

AM, Emeritus Consultant, Alcohol and Drug Service, St Vincent's Hospital; Visiting Fellow, Kirby Institute, UNSW; President, Australian Drug Law Reform Foundation; Director, Australia21, Darlinghurst, Australia