

Ex.mo Senhor Coordenador do Grupo de Trabalho - Tabaco

Caro Deputado Moisés Ferreira

Na sequência da audição havida no dia 8 de Fevereiro, no Grupo de Trabalho - Tabaco, ficamos de enviar alguns estudos que nos parecem relevantes para a definição da legislação aplicar a estes novos produtos. Devemos notar que os avanços científicos e tecnológicos neste campo serão imensos e por isso, de esperar que novos estudos e novos produtos possam surgir.

Acreditamos que estes novos produtos devem ser estudados por entidades independentes e credíveis, de modo a garantir a maior segurança possível aos cidadãos e consumidores. Assim propomos que o Grupo de Trabalho tenha em conta os seguintes estudos:

1. **National Institute for Health and Environment, Minister of Public Health, Welfare and Sport (RIVM): “Alternative tobacco products: harm reduction? Tobacco and related products that may possibly be less harmful than cigarettes”** – September 2016 – trata-se de um relatório do National Institute for Public Health and the Environment (RIVM), instituto de investigação holandês que é também uma agência independente do Ministério de Saúde Pública da Holanda, que publicou em Holandês um relatório a avaliar productos de dano reduzido incluindo não só cigarros eletrónicos como tabaco aquecido. **A ver, pois apenas a sinopse está em Inglês e que aqui reproduzo:**

“Synopsis Smoking cessation is the best option for health, yet smoking prevalence is still high. Tobacco industry markets products with a direct or indirect claim that they are less harmful than conventional tobacco products. The opinions on these so-called harm reduction products are divided because the short- and long-term effects on the health of the user are not clear yet. Such an assessment requires knowledge of the composition of the product, the smoker's behaviour (such as amount of cigarettes smoked, how deeply the smoke is inhaled) and the health effects of the product. RIVM has made a first assessment of harm reduction products and the current knowledge on their use and health effects. Examples of harm reduction products are oral tobacco, such as the so-called snus, the e-cigarette and tobacco that is heated but not burned (heat not burn). These products do not expose users to harmful combustion products. The e-cigarette, for example, evaporates a liquid that usually contains nicotine. The user is not exposed to as many toxicants as when smoking a tobacco cigarette, but the effects in the longer term and its effects on the population as a whole are still unclear. Heat not burn products also seem to be less harmful to health than conventional cigarettes. More data are needed, such as on the smoking behavior of the user, in order to give a balanced opinion on their harmfulness. Proponents of harm reduction products believe that inveterate smokers are better off using these products than when smoking ordinary tobacco. Opponents fear that non-smokers will start using them due to their image that they are less harmful. An additional concern is that they may serve as a gateway to the use of conventional tobacco products, or could prevent people to quit smoking, or undo the negative image of smoking as 'stupid and unhealthy' (renormalisation).”

2. **E-cigarettes in Stop Smoking Services**, Cancer Research UK, July 2016, http://www.cancerresearchuk.org/sites/default/files/e-cig_in_sss_0.pdf - refere os cigarros eletrónicos como forma de cessação, também em comparação por exemplo com terapias de substituição de nicotina

3. **“E-cigarette use in public places: striking the right balance”**, Bauld L., et al., The BMJ, 7 November 2016, <http://tobaccocontrol.bmj.com/content/early/2016/10/14/tobaccocontrol-2016-053357.full> - autores incluem Public Health England e refere que até ao momento a evidência não apoia uma política para proibir os cigarros eletrónicos em espaços fechados.

4. **Safety evaluation and risk assessment of electronic cigarettes as tobacco cigarette substitutes: a systematic review**, Konstantinos Farsalinos and Riccardo Polosa, Therapeutic Advances in Drug Safety, April 2014, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4110871/> Two experts conducted a systematic review to appraise existing laboratory and clinical research on the potential risks from e-cigarette use, compared with the well-established effects of smoking

cigarettes.

Aproveitamos esta ocasião para desejar os maiores sucessos ao Grupo de Trabalho e reafirmamos a nossa disponibilidade para qualquer esclarecimento que nos queiram solicitar.

Com os melhores cumprimentos

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