



FINAL  
PROGRAMME

# 3rd Scientific Summit

Tobacco Harm Reduction:  
Novel products, Research & Policy

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24 & 25 SEPTEMBER 2020

*a* **VIRTUAL**  
*summit*

[www.nosmokesummit.org](http://www.nosmokesummit.org)

# 3rd Scientific Summit

Tobacco Harm Reduction:  
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| 24 & 25 SEPTEMBER 2020

## 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.

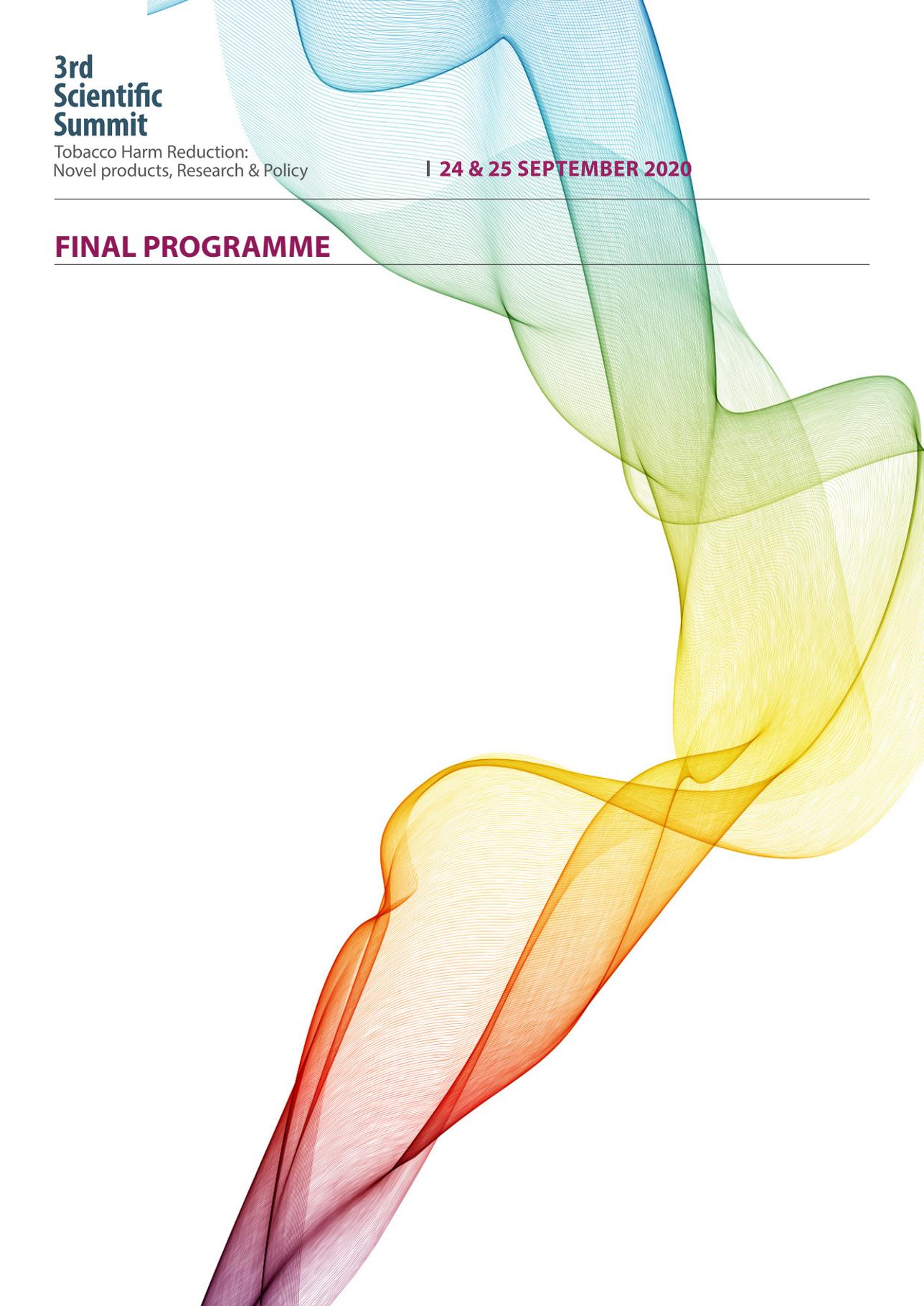
The objectives of the Summit are to offer opportunities for scientists of different countries to:

- 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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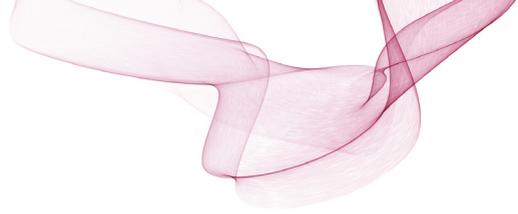
<b>Amaliya Amaliya</b>	M.Sc., PhD, Dentist, Department of Periodontology, Faculty of Dentistry, Padjadjaran University, Bandung, Indonesia
<b>Panagiotis D. Bamidis</b>	Professor, Medical Education Informatics Lab of Medical Physics, Medical School Aristotle University of Thessaloniki, Thessaloniki, Greece
<b>Anastasia Barbouni</b>	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
<b>Clive Bates</b>	Director, Counterfactual Consulting Limited, London, UK
<b>Giuseppe Biondi Zoccai</b>	Associate Professor in Cardiology, Department of Medico-Surgical Sciences and Biotechnologies, Sapienza University of Rome, Rome, Italy
<b>Damien Breheny</b>	Preclinical Assessment Team Manager, R&D Centre, British American Tobacco, Southampton, UK
<b>Efraín Cambroner</b>	MD, FACS, Chief of Surgical Oncology; Head and Neck Surgery, Centro Oncologico Costarricense; Chief Medical Officer, San Jose, Costa Rica
<b>Ladislav Csémy</b>	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
<b>Nimesh G. Desai</b>	Director, Institute of Human Behavior and Allied Sciences (IHBAS), Delhi, India
<b>Enrique Ríos Espinosa</b>	MD, Dr.PH, MPH, Public Health Specialist, Mexico
<b>Sharifa Ezat Wan Puteh</b>	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
<b>Karl Fagerstrom</b>	Professor Emeritus; President, Fagerstrom Consulting, Sweden
<b>Andrzej M. Fal</b>	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
<b>Ioannis Faropoulos</b>	Scientific Advisor to the General Secretariat for Public Health, Ministry of Health, Athens, Greece

## SPEAKERS' LIST

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

## SPEAKERS' LIST

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

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**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