



Catania, 10 Ottobre 2023

All'attenzione della
Sig.ra Stella KYRIAKIDES
Commissaria europea per la Salute e la sicurezza alimentare
Stella.KYRIAKIDES@ec.europa.eu

Oggetto: Lettera aperta per una ridefinizione delle politiche antifumo

Gent.ma Sig.ra Stella KYRIAKIDES,

le scriviamo in qualità di membri del Centro di Eccellenza per l'Accelerazione della Riduzione del Danno (CoEHAR) dell'Università di Catania, insieme ad un gruppo di esperti esterni e scienziati internazionali.

A vent'anni dall'entrata in vigore della Convenzione quadro per il controllo del tabacco (FCTC) dell'Organizzazione Mondiale della Salute (OMS), le malattie legate al fumo continuano a essere una delle principali cause di malattie non trasmissibili. La lotta al fumo rimane una priorità.

In Europa, attualmente, fumano circa 100 milioni di persone. Secondo i dati ufficiali di Eurobarometro, i fumatori nell'Unione Europea sono diminuiti soltanto del 2% tra il 2014 e il 2020, nonostante l'attuazione delle misure di controllo del tabacco previste dalla FCTC. A questa velocità, ci vorranno almeno 60 anni per raggiungere l'obiettivo dell'eradicazione del fumo (i.e. prevalenza del tabagismo al di sotto della soglia del 5%).

Alla luce di questi dati, è tempo di ammettere che le attuali misure di controllo del tabacco non producono i risultati auspicati in tempi sufficientemente rapidi. **Occorre integrare le attuali politiche di contrasto al fumo con nuove strategie, come quella basata sulla riduzione del danno, mettendo a disposizione dei fumatori adulti prodotti privi di combustione alternativi alle sigarette convenzionali, mitigando così il danno legato all'emissione di sostanze tossiche da combustione del tabacco.** Questo approccio è sostenuto con forza da autorità di salute pubblica prestigiose, incluso l'Institute of Medicine - IOM, che ha prospettato come i prodotti senza combustione siano in grado di ridurre sostanzialmente la mortalità e la morbilità complessive legate al tabacco, nonostante comportino una certa esposizione residua, sebbene a livelli significativamente ridotti (1).

Paradigmatico l'esempio dello "snus" (una tipologia di tabacco per uso orale) che in Svezia ha portato a una notevole diminuzione del fumo di sigarette con una significativa riduzione dei tassi di mortalità per cancro ai polmoni e malattie cardiovascolari (2).

L'esempio della Svezia non è isolato. Altri paesi, come il Regno Unito, la Norvegia, il Giappone e la Nuova Zelanda, che hanno adottato il principio di riduzione del danno, hanno tutti registrato una significativa riduzione della prevalenza del fumo - anche tra i giovani, ben oltre quanto stimato con la semplice applicazione delle tradizionali misure di prevenzione e cessazione (3).



Il programma di ricerca del Centro di Eccellenza CoEHAR ha indagato gli effetti tossicologici dei prodotti senza combustione (4,5), la loro efficacia e tollerabilità tra i fumatori (6,7), ma anche il loro impatto sulle condizioni di salute tra le persone affette da broncopneumopatia cronica ostruttiva che hanno utilizzato questi prodotti per fare lo switch (8,9). Ciò che abbiamo scoperto è che **i prodotti senza combustione:**

- 1) **offrono una notevole riduzione dell'esposizione/rischio rispetto alle sigarette tradizionali;**
- 2) **aiutano i fumatori a smettere di fumare;**
- 3) **sono associati a miglioramenti clinicamente rilevanti in utilizzatori con patologie fumo correlate, come ad es. in chi ha la broncopneumopatia cronica ostruttiva.**

Pertanto, le alternative senza combustione non vanno equiparate alle sigarette convenzionali. Eppure l'OMS e diverse istituzioni europee continuano a ignorare i benefici derivanti dalla transizione dai prodotti a combustione alle alternative senza combustione, e tendono a focalizzarsi solo ed esclusivamente sul loro rischio assoluto.

Il nostro auspicio è quello che, alla luce delle evidenze scientifiche, l'FCTC e l'Unione Europea conducano una review attenta, bilanciata, e trasparente sulle evidenze scientifiche disponibili riguardo ai prodotti senza combustione, a paragone con le sigarette convenzionali, tale da offrire informazioni indispensabili per poter prendere decisioni utili nell'interesse di milioni di fumatori.

Ci mettiamo a disposizione della Commissione Europea anche per eventuali audizioni di esperti sul tema.

Cordialmente,

Membri CoEHAR

(elencati in ordine alfabetico)

1. Angela Maria **AMORINI**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
2. Carmelina Daniela **ANFUSO**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
3. Ignazio **BARBAGALLO**, Department of Drug Sciences, University of Catania, Italy
4. Francesco **BASILE**, Department of General Surgery and Medical-Surgical Specialties, University of Catania, Italy
5. Sebastiano **BATTIATO**, Department of Mathematics and Computer Sciences, University of Catania, Italy
6. Brahim **BENHAMOU**, Cadi Ayyad University, Morocco
7. Gaetano **BERTINO**, Department of Clinical and Experimental Medicine, University of Catania, Italy
8. Alberto **BIANCHI**, Department of General Surgery and Medical-Surgical Specialties, University of Catania, Italy
9. Antonio G. **BIONDI**, Department of General Surgery and Medical-Surgical Specialties, University of Catania, Italy
10. Emma **CACCIOLA**, Department of Medical, Surgical Sciences and Advanced Technologies, University of Catania, Italy



CENTRO DI RICERCA PER LA RIDUZIONE DEL DANNO DA FUMO
CENTER OF EXCELLENCE FOR THE ACCELERATION OF HARM REDUCTION
COEHAR



11. Rossella R. **CACCIOLA**, Department of Clinical and Experimental Medicine, University of Catania, Italy
12. Bruno Santi **CACOPARDO**, Department of Clinical and Experimental Medicine, University of Catania, Italy
13. Aldo E. **CALOGERO**, Department of Clinical and Experimental Medicine, University of Catania, Italy
14. Maria Teresa **CAMBRIA**, Department of Biological, Geological and Environmental Sciences, University of Catania, Italy
15. Davide **CAMPAGNA**, Department of Clinical and Experimental Medicine, University of Catania, Italy
16. Pasquale **CAPONNETTO**, Department of Educational Sciences, University of Catania, Italy
17. Filippo **CARACI**, Department of Drug Sciences, University of Catania, Italy
18. Agatino **CARIOLA**, Department of Law, University of Catania, Italy
19. Massimo **CARUSO**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
20. Adriana **CIANCIO**, Department of Law, University of Catania, Italy
21. Rosita A. **CONDORELLI**, Department of Clinical and Experimental Medicine, University of Catania, Italy
22. Antonino **DI PINO**, Department of Clinical and Experimental Medicine, University of Catania, Italy
23. Fabio **CIBELLA**, Institute of Biomedicine and Molecular Immunology, National Research Council, Italy
24. Jennifer **DI PIAZZA**, Hunter Bellevue School of Nursing at Hunter College at the City University of New York, USA
25. Adriana **DI STEFANO**, Department of Law, University of Catania, Italy
26. Filippo **DRAGO**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
27. Rosalia **EMMA**, Department of Clinical and Experimental Medicine, University of Catania, Italy
28. Salvatore **FAILLA**, Department of Chemical Sciences, University of Catania, Italy
29. Rosario **FARACI**, Department of Economics and Business, University of Catania, Italy
30. Salvatore **FERLITO**, Department of Medical, Surgical Sciences and Advanced Technologies, University of Catania, Italy
31. Margherita **FERRANTE**, Department of Medical, Surgical Sciences and Advanced Technologies, University of Catania, Italy
32. Giancarlo A. **FERRO**, Department of Law, University of Catania, Italy
33. Francesco **FRASCA**, Department of Clinical and Experimental Medicine, University of Catania, Italy
34. Lucia **FRITTITTA**, Department of Clinical and Experimental Medicine, University of Catania, Italy
35. Virginia **FUOCHI**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
36. Pio M. **FURNERI**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
37. Antonio **GAGLIANO**, Department of Electrical, Electronics and Computer Engineering, University of Catania, Italy
38. Giovanni **GALLO**, Department of Mathematics and Computer Sciences, University of Catania, Italy

Center of Excellence for the acceleration of Harm Reduction (CoEHAR)

University of Catania - Department of Clinical and Experimental Medicine

Address: Torre Biologica, 11 piano – Via S. Sofia 89, 95123 Catania

Phone: (+39) 0954781124 E-mail: cr.coehar@unict.it

Website: <http://www.coehar.org>



CENTRO DI RICERCA PER LA RIDUZIONE DEL DANNO DA FUMO
CENTER OF EXCELLENCE FOR THE ACCELERATION OF HARM REDUCTION
COEHAR



39. Fabio **GALVANO**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
40. Agostino **GAUDIO**, Department of Clinical and Experimental Medicine, University of Catania, Italy
41. Giuseppe **GRASSO**, Department of Chemical Sciences, University of Catania, Italy
42. Francesca **GUARINO**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
43. Antonino **GULINO**, Department of Chemical Sciences, University of Catania, Italy
44. Shipra **GUPTA**, Oral Health Sciences Centre, Post graduate Institute of Medical Education and Research, India
45. Emmanuele A. **JANNINI**, Department of Systems Medicine, University of Rome Tor Vergata
46. Sandro **LA VIGNERA**, Department of Clinical and Experimental Medicine, University of Catania, Italy
47. Giuseppe **LAZZARINO**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
48. Caterina **LEDDA**, Department of Clinical and Experimental Medicine, University of Catania, Italy
49. Rosalia Maria **LEONARDI**, Department of General Surgery and Medical-Surgical Specialties, University of Catania, Italy
50. Luigi **LA VIA**, Teaching Hospital AOUP “G. Rodolico – San Marco”, Catania, Italy;
51. Giovanni **LI VOLTI**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
52. Antonio **LONGO**, Department of General Surgery and Medical-Surgical Specialties, University of Catania, Italy
53. Gabriella **LUPO**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
54. Mario **MALERBA**, Department of Translational Biomedicine, University of Eastern Piedmont, Italy
55. Luigi **MARLETTA**, Department of Electrical, Electronics and Computer Engineering, University of Catania, Italy
56. Costanza **NICOLOSI**, Department of Law Sciences, University of Catania, Italy
57. Guido **NICOLOSI**, Department of Political and Social Sciences, University of Catania, Italy
58. Francesco **NOCERA**, Department of Electrical, Electronics and Computer Engineering, University of Catania, Italy
59. Renée **O’LEARY**, ECLAT Srl, Spin-off of the University of Catania, Catania, Italy;
60. Gea **OLIVERI CONTI**, Department of Medical, Surgical Sciences and Advanced Technologies, University of Catania, Italy
61. Alessandro **ORTIS**, Department of Mathematics and Computer Sciences, University of Catania, Italy
62. Giuseppe **PALAZZO**, Department of General Surgery and Medical-Surgical Specialties, University of Catania, Italy
63. Manish **PANCHASARA**, SkillsEdge, India;
64. Rosalba **PARENTI**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
65. Eugenio **PEDULLÀ**, Department of General Surgery and Medical-Surgical Specialties, University of Catania, Italy

Center of Excellence for the acceleration of Harm Reduction (CoEHAR)

University of Catania - Department of Clinical and Experimental Medicine

Address: Torre Biologica, 11 piano – Via S. Sofia 89, 95123 Catania

Phone: (+39) 0954781124 E-mail: cr.coehar@unict.it

Website: <http://www.coehar.org>



CENTRO DI RICERCA PER LA RIDUZIONE DEL DANNO DA FUMO
CENTER OF EXCELLENCE FOR THE ACCELERATION OF HARM REDUCTION
COEHAR



66. Salvatore **PIRO**, Department of Clinical and Experimental Medicine, University of Catania, Italy
67. Riccardo **POLOSA**, Department of Clinical and Experimental Medicine, University of Catania, Italy
68. Alfredo **PULVIRENTI**, Department of Clinical and Experimental Medicine, University of Catania, Italy
69. Maria Catena **QUATTROPANI**, Department of Educational Sciences, University of Catania, Italy
70. Venerando **RAPISARDA**, Department of Clinical and Experimental Medicine, University of Catania, Italy
71. Renata **RIZZO**, Department of Clinical and Experimental Medicine, University of Catania, Italy
72. Simone **RONDISVALLE**, Department of Drug Sciences, University of Catania, Italy
73. Giuseppe **RONDISVALLE**, Department of Drug Sciences, University of Catania, Italy
74. Martino **RUGGIERI**, Department of Clinical and Experimental Medicine, University of Catania, Italy
75. Maria **SANTAGATI**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
76. Cristina **SATRIANO**, Department of Chemical Sciences, University of Catania, Italy
77. Laura **SCIACCA**, Department of Clinical and Experimental Medicine, University of Catania, Italy
78. Maria Salvina **SIGNORELLI**, Department of Clinical and Experimental Medicine, University of Catania, Italy
79. Lucia **SPICUZZA**, Department of Clinical and Experimental Medicine, University of Catania, Italy
80. Marco **TATULLO**, Technologica Research Institute, Marrelli Hospital, Italy
81. Daniele **TIBULLO**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy
82. Venera **TOMASELLI**, Department of Political and Social Sciences, University of Catania, Italy
83. Paolo **VIGNERI**, Department of Clinical and Experimental Medicine, University of Catania, Italy
84. Vladislav **VOLAREVIC**, Faculty of Medical Sciences, University of Kragujevac, Serbia
85. Luca **ZANOLI**, Department of Clinical and Experimental Medicine, University of Catania, Italy
86. Agata **ZAPPALÀ**, Department of Biomedical and Biotechnological Sciences, University of Catania, Italy

Esperti esterni in riduzione del danno da fumo

87. Karl **FAGERSTROM**, Ph.D, President, Fagerstrom Consulting AB, Sweden
88. Konstantinos **FARSALINOS**, MD, MPH, External Research Associate, University of Patras, Greece; University of West Attica, Greece
89. Bruno **DA CRUZ MAIA**, Neurocritical Care Unit, Lisbon Central Hospital; and NOVA Medical School, Lisbon, Portugal
90. Fredrik H. **NYSTROM**, MD, PhD, professor, senior consultant in internal medicine, Department of Health, Medicine and caring Sciences, Faculty of Medicine and Health Sciences, Linköping University, Sweden
91. Heino Johann **STÖVER**, PhD, Professor, Dr., Frankfurt University of Applied Sciences, Germany

Center of Excellence for the acceleration of Harm Reduction (CoEHAR)

University of Catania - Department of Clinical and Experimental Medicine

Address: Torre Biologica, 11 piano – Via S. Sofia 89, 95123 Catania

Phone: (+39) 0954781124 E-mail: cr.coehar@unict.it

Website: <http://www.coehar.org>



Referenze:

1. Stratton K, Shetty P, Wallace R, Bondurant S, editors. Clearing the Smoke [Internet]. National Academies Press (US); 2001. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK222375/>
2. Gartner CE, Hall WD, Vos T, Bertram MY, Wallace AL, Lim SS. Assessment of Swedish snus for tobacco harm reduction: an epidemiological modelling study. *Lancet*. 2007 Jun 16;369(9578):2010–4.
3. Fagerström K. Can alternative nicotine products put the final nail in the smoking coffin? *Harm Reduct J*. 2022 Dec 1;19(1):131. doi: 10.1186/s12954-022-00722-5.
4. Caruso M, Emma R, Distefano A, Rust S, Poulas K, Zadjali F, Giordano A, Volarevic V, Mesiakaris K, Al Tobi M, Boffo S, Arsenijevic A, Zuccarello P, Giallongo C, Ferrante M, Polosa R, Li Volti G; Replica Project Group. Electronic nicotine delivery systems exhibit reduced bronchial epithelial cells toxicity compared to cigarette: the Replica Project. *Sci Rep*. 2021 Dec 17;11(1):24182. doi: 10.1038/s41598-021-03310-y.
5. Caruso M, Emma R, Distefano A, Rust S, Poulas K, Giordano A, Volarevic V, Mesiakaris K, Boffo S, Arsenijevic A, Karanasios G, Pulvirenti R, Ilic A, Canciello A, Zuccarello P, Ferrante M, Polosa R, Li Volti G. Comparative assessment of electronic nicotine delivery systems aerosol and cigarette smoke on endothelial cell migration: The Replica Project. *Drug Test Anal*. 2022 Jul 25. doi: 10.1002/dta.3349.
6. Caponnetto P, Campagna D, Cibella F, Morjaria JB, Caruso M, Russo C, Polosa R. Efficiency and Safety of an eLectronic cigAreTte (ECLAT) as tobacco cigarettes substitute: a prospective 12-month randomized control design study. *PLoS One*. 2013 Jun 24;8(6):e66317. doi:10.1371/journal.pone.0066317.
7. Caponnetto P, Campagna D, Maglia M, Benfatto F, Emma R, Caruso M, Caci G, Busà B, Pennisi A, Ceracchi M, Migliore M, Signorelli M. Comparing the Effectiveness, Tolerability, and Acceptability of Heated Tobacco Products and Refillable Electronic Cigarettes for Cigarette Substitution (CEASEFIRE): Randomized Controlled Trial. *JMIR Public Health Surveill*. 2023 Apr 4;9:e42628. doi: 10.2196/42628.
8. Polosa R, Morjaria JB, Prosperini U, Busà B, Pennisi A, Malerba M, Maglia M, Caponnetto P. COPD smokers who switched to e-cigarettes: health outcomes at 5-year follow up. *Ther Adv Chronic Dis*. 2020 Oct 10;11:2040622320961617. doi: 10.1177/2040622320961617.
9. Polosa R, Morjaria JB, Prosperini U, Busà B, Pennisi A, Gussoni G, Rust S, Maglia M, Caponnetto P. Health outcomes in COPD smokers using heated tobacco products: a 3-year follow-up. *Intern Emerg Med*. 2021 Apr;16(3):687–696. doi: 10.1007/s11739-021-02674-3.