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# Declaration of the Ibero-Latino-American respiratory scientific societies on Electronic Nicotine Delivery Systems

## SCIENTIFIC SOCIETIES



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*The main scientific societies of pneumology and thoracic surgery of the Ibero-Latino-American region, after meetings held in different national congresses in which the published data on the nicotine release electronic devices (ENDS) were analyzed, would like to make the following manifest.*

1. **The most effective and also safest treatment to help smokers give up smoking is the combination of psychological counseling and pharmacological treatment.** There are three pharmacological treatments with demonstrated effectiveness: nicotine replacement therapy (chewing gum, patches, tablets, candy, inhalers and spray), bupropion and varenicline. All of them used at standard doses and time are able to double and even triple the chances of quitting.<sup>(1,2,3)</sup>
2. **The scientific analysis of most of the studies carried out to date shows that ENDS have not shown effectiveness or shown very limited effectiveness in smoking cessation.**<sup>(4,5)</sup>
3. **The ENDS have not demonstrated safety.** There are multiple independent studies that indicate adverse effects in the short term. In addition, the occurrence of adverse effects in the medium-long term cannot be ruled out, today unknown due to the short observation period.<sup>(6-8)</sup> On the other hand, they are being promoted by aggressive promotional campaigns that use brand identity and focus on young people and adolescents, campaigns similar to those used by tobacco companies in the 20<sup>th</sup> century, with the aim of recruiting users by making them addicted to nicotine.
4. **Based on the above, we affirm that health professionals should never recommend the use of this type of devices.**

5. In smokers who face severe difficulties to quit smoking or in those in whom the use of standard dose and time treatments have failed, we recommend the use of combined intense psychological counseling plus the prescription of pharmacological treatment (substitution therapy with nicotine, bupropion and varenicline) at high doses and for a long time.<sup>(9)</sup>
6. The analysis of various studies shows that electronic devices for the release of nicotine allow the inhalation of other substances (flavorings, cocaine, synthetic drugs and cannabis derivatives, among others) which, in addition to the addictive.<sup>(6-8)</sup>
7. **Breathing clean air is mandatory for respiratory health.** Direct or second-hand inhalation of smoke and / or aerosols generated by ENDS or other devices represents a threat to respiratory health. All parts and structures of the respiratory system are perfectly arranged and made to meet one of the main needs that human beings have: the breathing of clean and oxygenated air, without it life would not be possible.
8. **The societies of professionals committed to healthy breathing, alert the general public to avoid the use of any type of device that facilitates the inhalation of foreign substances, the safety of which has not been proven scientifically.**

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