

Audio file

Transcript

Speaker 2

If asking your mate down the pub about vape pens knows what they probably say, no one agrees if it's safer or not, so you might as well smoke anyway. Now what your mate needs is a Cochrane review. All the facts have been checked at least twice.

Speaker 2

They find there's a lot that the experts at Brianna might give you different advice.

Speaker 3

Hi, I'm Nicola Ijzerman.

Speaker 4

And I'm Jamie Hartman voice.

Speaker 3

We're both researchers based at the University of Oxford, where we work with the Cochrane Tobacco Addiction Group. Welcome to this edition of let's talk E cigarettes.

Speaker 3

This podcast is a companion to a research project being carried out at the University of Oxford, where every month we searched the E cigarette research literature to find new studies. We then use these studies to update.

Speaker 3

Our Cochrane systematic review of E cigarettes for smoking cessation this is called a living systematic review. In each episode we start by going through the studies we have found that month and then go into more detail about a particular study or topic related to E cigarettes.

Speaker 4

So this month we ran our searches on the 1st of April and found four new ongoing studies which will tell you a bit more about in this month in a nutshell.

Speaker 3

So the 1st.

Speaker 3

Study I'm going to describe to you is led by Elias Klempner at the University of Vermont in the USA.

Speaker 3

It's a pilot randomised controlled trial that recruited people who were using combustible cigarettes and E cigarettes and were not motivated to quit either product.

Speaker 3

People were assigned to one of three groups, one that were given E cigarette pods with less nicotine than their usual pods.

Speaker 3

One that were asked to reduce their E cigarette use by half and one that were asked to use lately.

Speaker 3

Cigarettes as usual. The investigators plan to look at the effects of this on cigarette smoking independence. The study was due to complete toward the end of 2021.

Speaker 3

Although no results are available yet, based on only the trial record, it isn't clear who the study is funded by.

Speaker 3

So the second study is another randomised controlled trial and this one is led by Michael Stein at Butler Hospital in EU.

Speaker 3

S again, it's not clear who the funder is. This trial is due to complete in 2024 and is aiming to recruit people who smoke who also have an opioid use disorder and are receiving methadone treatment.

Speaker 3

Participants will be split into two groups, one that will receive E cigarettes for six weeks and another that will receive nicotine lozenges for six weeks.

Speaker 3

Their outcomes of interest will be nicotine exposure, changes in smoking behaviour as well as various measures of lung function.

Speaker 4

Great thanks Nicola and so the final two one is called an aggressive smoking cessation trial with the acronym ASAP and that's being led by Mark Eisenberg in Canada, who actually was our first ever guest on this podcast.

Speaker 4

It looks like the study sponsored by the hospital at which he's based. I'm not sure if there's other.

Speaker 4

Funding as well.

Speaker 4

I was super excited to see this trial because it is.

Speaker 4

Big South it's a five year multicenter, randomised controlled trial and it wants to assess the effects of smoking cessation treatment initiated in hospital in people who are admitted for heart attacks.

Speaker 4

They're aiming to recruit 800 adults who smoke and are motivated to quit smoking, and they're going to randomise them to one of two conditions.

Speaker 4

One group will receive Verena Clean, which is a frontline stop smoking medication, as well as counselling for 12 weeks and the second group will also receive that same Verena cleaning counselling.

Speaker 4

As well as nicotine E cigarettes. So it's a really big study testing whether nicotine E cigarettes added to varena clean are more effective than varena clean alone they're going to follow participants for a year.

Speaker 4

It's a really big study. They haven't started recruiting yet, so we have a while to wait. I'm afraid for the results. With an estimated primary completion date.

Speaker 4

Of September 2025 for collecting their final out.

Speaker 4

Some data and then the final new ongoing study looks at E cigarettes for harm reduction in adults with asthma.

Speaker 4

There study acronym is swap and it's led by Alexander Sokolowski at Brown University. Looks like it's sponsored by Brown as well as the National Institute of General Medical Sciences in the states. There may also be other funders, but that's.

Speaker 4

Not totally clear from the trial.

Speaker 4

Record and compared to that aggressive smoking cessation trial, this one is much smaller. It's a 16 week trial of 30 participants and what they're setting out to do is investigate the impact of electronic cigarettes on various outcomes in adults with asthma who regularly smoke traditional cigarettes and at the time of recruitment, don't also regularly use E cigarettes.

Speaker 4

They'll be randomised to either a free E cigarette or to no intervention, and they'll measure various measures relating to smoking behaviour, E cigarette use and safety and health impacts. The study is scheduled to finish collecting data in January of next year.

Speaker 4

So as we mentioned in last month's episode, we're currently undertaking some focused projects supporting by the University of Oxford Policy Challenge Fund.

Speaker 4

So last month we talked about one of those projects with Elsa which was around the longer term use of E cigarettes.

Speaker 4

In this month podcast Deep Dive, we're going to explore flavours in a bit more detail. I had the pleasure of interviewing associate Professor Alex Lieber from Georgetown University about his work in this area.

Speaker 4

So I did. You could just start off by kind of introducing yourself, telling us a bit about your role and what got you into research in this area.

Speaker 5

Sure, my name is Alex Lieber. I'm an assistant professor at Georgetown University Medical Centre in the Lombardi Comprehensive Cancer Centre.

Speaker 5

I have been working in tobacco control research since 2008 when I was an undergraduate at Ohio State University.

Speaker 5

Looking for a research project that melded my dual interest in policy and

Speaker 5

Health and I was very fortunate to stumble upon the open door of Amy Ferkovich, who served as my first mentor and invited me into her work on smoking bans in the Appalachian region of the United States. So that's the mountainous region characterised by coal mining and a lot of poverty.

Speaker 5

Stretching from Pennsylvania all the way down to Mississippi, and we learned about the details of smoking bans and how they were passed in different kinds of commune.

Speaker 5

These and that triggered a growing interest in tobacco control that led me onto masters at Emory University and Health Services and health Policy Research and then, importantly, an internship at the American Cancer Society's International Tobacco Control Research Programme where.

Speaker 5

I worked on creating tobacco Atlas Editions 4 through 6.

Speaker 4

And I sorry what does that mean? Water to back? What's the Tobacco Atlas and water additions?

Speaker 4

4 through 6.

Speaker 5

Sorry yeah, so the tobacco Atlas is one of the leading references in the tobacco control field, so it categorises all aspects of the tobacco epidemic from who uses tobacco in a very global perspective.

Speaker 5

They have two policy responses to the way that vacuum industry operates over time and over place, and so the tobacco Atlas was published every three years to coincide with the World Conference on Tobacco or Health.

Speaker 5

And I grew from being an intern whose job it was to assemble all the data behind the chapters in the Atlas to a Co author.

Speaker 5

By the time I left American Cancer Society and it was my job to work on everything from like smokeless tobacco.

Speaker 5

Prevalence up to categorising the policies with E cigarettes around the world.

Speaker 5

Yeah yeah, so it it. It sort of aligns with this, but in at the American Cancer Society I was given the opportunity to grow into global tobacco control Policy Research with a real emphasis on tax and price policy. But that mushroomed into an interest in comparative.

Speaker 5

Politics and policy.

Speaker 5

See that drove my doctorate at the University of Michigan forward, so when I got to Michigan, I worked under Holly Jarman. Who is, I think, a University of York product and she helped guide a.

Speaker 5

Dissertation that looked at the comparative regulatory, politics and policy of E cigarettes in Australia, New Zealand and Canada, which is turning into a forthcoming book from University of Toronto Press, hopefully out next year, called vape filled rooms. Tentatively yeah, so I basically have had a.

Speaker 4

Oh, fantastic.

Speaker 5

Long series of mentors who've?

Speaker 5

Encouraged me to learn about and understand why different countries in different places react differently to different policies and to see tobacco control as the battle of politics, business, and health that it is, and I have had a great series of mentors who've really introduced all those.

Speaker 5

Aspects to me and I really love injecting my work with a curiosity of understanding why things are different in different places at different times and how this fascinating field that operates at the business, health, politics, intersection really works.

Speaker 4

That is so interesting. I look forward to seeing that book, congratulations.

Speaker 4

Can I ask where the title came from? Knowing it might change, but what is the meaning behind vape filled rooms?

Speaker 5

So I don't know if the phrase is super common in British politics, but in American politics, and I think it's blended it into Canada.

Speaker 5

There is a colloquial phrase saying that political deals are made in smoke filled rooms, so this is how politicians were selected at nominating conventions.

Speaker 5

Is a cigar smoke filled room?

Speaker 5

Where they chose who is going to be president at least the nomination. The nominee for a certain party, and so just a slight update on that.

Speaker 5

Is they've filled rooms.

Speaker 5

To talk about the politics of E cigarettes, 'cause it took ages to come up with anything vaguely catchy for that regulatory policy.

Oh it might though.

Speaker 4

Well, I am intrigued and can you just? I know, you probably don't want to give away too much.

Speaker 4

But I suppose before we get onto your current research, was there anything that you thought was kind of the most interesting finding from that dissertation? And what's turning into that book? Anything that pointed you into the direction of what?

Speaker 4

You're doing now.

Speaker 5

I mean, the two really interesting things that came from it was a need to come up with comparative regulatory language that had inherent meaning.

Speaker 5

So I have a paper that is an excerpt of the dissertation that's coming out in Milbank quarterly in a couple of months. That introduces the language that I use. It's called regulatory stances.

Speaker 5

I only find this interesting because there hasn't.

Speaker 5

Been a good way to talk.

Speaker 5

About regulation and like what one country is doing towards 1 market in a way that has inherent meaning and it's able to be translated across place in time.

Speaker 5

So the dissertation forced me to formalise how to talk about this. Which is you have to talk about regulation.

Speaker 5

At least I posit as aiming to change the size of a market as a share of the economy.

Speaker 5

In the future, relative to the present, so do you want to make the market smaller or larger? Do you not want to set a preference at all?

Speaker 5

Do you want to have it so the market goes to 0 or do you want it as big as possible?

Speaker 5

Those are like the five basic options, yeah, and the dissertation sort of explains the utility of that sort of.

Speaker 5

Which, but on the politics side, I found it really helpful to learn about why New Zealand and Canada went in a particularly different direction with regards to E cigarettes, and I say they adopted what's called an expansionist policy towards E cigarettes. Two different degrees, but expansionist means. They wanted to grow the size of the E cigarette.

Speaker 5

Market in their country while Australia maintained a prohibitionist policy that sort of shifted to what I call a contraction IST policy and a prohibitionist policy in my parlance basically means it's aiming for zero. No market. Yep, a contraction policy is.

Speaker 5

Then one that aims to have a smaller market, particularly by giving disadvantages to a product relative to its substitutes.

Speaker 5

In Australia, the coalitional politics behind who supported changing E cigarette regulatory policy were such that they aligned with the right wing of Australian.

Speaker 5

Politics, and even though they were in power, they couldn't show it as enough of a political opportunity to change regulatory policy in the manner that they wanted to towards expansion. So it's an example of really poor coalition building.

Speaker 5

Really bad problem definition. They didn't sort of convince anyone that that the policy needed changing in Australia in the way that they wanted.

Speaker 5

By contrast, in New Zealand and Canada, basically people who wanted E cigarettes to be become a market subject to expansion defined the current prohibition as a problem that.

Speaker 5

Regular that bureaucrats didn't want to.

Speaker 5

Course they found allies in the centre left of politics and then were able to sort of present E cigarette expansion as a reasonable solution to the woes of either perceived to be failing tobacco control policy or as a way to.

Speaker 5

Get bureaucrats back to the work they wanted to do but was not enforcing prohibition. So yeah, it's a.

Speaker 5

Long way of.

Speaker 5

Saying the folks in New Zealand and Canada chose the right allies presented the right policy at the right time. With the right solution.

Speaker 5

And I found that interesting, and so the book sort of charts that that saga.

Speaker 4

Yeah, oh fascinating alright. And the reason we wanted to talk.

Speaker 3

To you on.

Speaker 4

This podcast episode in particular is we wanted to pay some attention to flavours and of course we first got in touch over this flavour issue so.

Speaker 4

I was wondering if you.

Speaker 4

Could talk to us a.

Speaker 4

Little bit about any work that you've done in your area, and I suppose what your thoughts are and where flavours sit in terms of regulation and and how much a part of the conversation they are and should.

Speaker 5

Be yeah, so. I mean I'm based in the United States and we have had.

Speaker 5

Sort of separate conversations about the flavours of tobacco products in different markets. So we have a cigarette market that has an enormous share of sales that are dedicated to menthol cigarettes. These menthol cigarettes were given privileged political status. When FDA regulation arrived in the United States.

Speaker 5

13 years ago and so I've been doing a little bit of work.

Speaker 5

With my colleagues at Georgetown and the University of Michigan looking at the potential effects of a ban on the share at the sale of menthol cigarettes in the United States and so like I participated in a little bit of simulation modelling there.

Speaker 3

Obscure science term definition.

Speaker 3

Free ban and coauthors described simulation modelling as a tool for synthesising and manipulating existing evidence, data and knowledge to examine the likely impact of alternative policy in service provision scenarios.

Speaker 5

That sort of pointed to a reasonably large effect of banning menthol cigarette sales. Now that work was based on information from expert ELICITATIONS, which is essentially a process of asking very well informed people what they think would happen with the menthol cigarette ban. I like gathering much more evidence.

Speaker 5

So I have expanded my work to on menthol cigarettes to look at some European sales data. I like to work with sales data from Nielsen Company. I'm becoming quite a good customer of theirs.

Speaker 5

But I wanted to so I I was given the opportunity to do some research in Poland, funded by the Norwegian Cancer Society and we decided to look at the effect of the European Union's menthol cigarette ban in Poland on menthol cigarette sales and through some.

Speaker 5

Great effort and some difference in different quasi experimental analysis.

Speaker 3

Wing and colleagues describe difference in difference quasi experimental studies as a research design that researchers often use to study causal relationships in public health settings where randomised controlled trials are unfeasible or unethical, they compare the outcomes of groups exposed to different policies and environmental factors at different times.

Speaker 5

We looked at what happened when menthol sales were banned.

Speaker 5

Implement so Poland has the one of the largest menthol cigarette sales shares, so like you know the amount of menthol cigarette sales that had to disappear in any country that ever attempted.

Speaker 5

Uh, a menthol cigarette ban and I thought it was very important to go look at what happened in this scenario because it sort of should better approximate what?

Speaker 5

Might happen in the United States relative to a place like Canada, where there's really good studies, but Canada only had at Max 5% of the sales were menthol. Poland was 30%. United States is close to 35.

Speaker 5

So in Poland I figured with the big menthol ban like this, we're going to see a big drop in.

Speaker 5

Sales we did not.

Speaker 5

Yeah yeah. Sales are basically flat in the short run and we have to do a lot of you know work to control for other things across the region.

Speaker 4

Ah, fascinating.

Speaker 4

Do you, sorry Alex? Do you mean cigarette sales overall? Or you mean menthol sales?

Speaker 5

Sorry cigarette sales overall so you look at total cigarette sales. Basically what the tobacco companies were able to do was convert all of their menthol cigarette smokers into standard flavoured cigarette smokers. So unflavored cigarettes.

Speaker 5

And only in Warsaw, the region of the country with the highest menthol cigarette sales share before the ban were we able to see a significant decrease.

Speaker 5

The reasons why this has happened are not yet clear.

Speaker 5

To us but.

Speaker 5

Other people who work in the UK and Denmark in particular are pointing out there's a lot of evasion tactics going on in terms of re branding cigarettes to imply that they have menthol implied they have flavour capsule in there, or to add flavour with these.

Speaker 5

Flavouring cards

Speaker 5

Uh, that seem.

Speaker 5

To be very cheap and easily available. And if you put it in your cigarette pack without flavour they will flavour those cigarettes within an.

Speaker 5

Ah yeah, so we we saw and documented the industry responses and it has led me to want to ask bigger questions about how this implementation is going. What health officials know? What retailers know? What manufacturers know?

Speaker 5

And I think we need to learn more about the European experience before setting our expectations about a menthol cigarette ban really high in the US, yeah?

Speaker 4

Yeah yeah, and where do you think E cigarettes do or don't come into that? I suppose in two ways.

Speaker 4

One being, could we ever hope that? Let's say those 30% of people on menthol cigarettes transitioned to an E cigarette for example as opposed to a a non mental combustible product but.

Speaker 4

Also, what does it mean if we're thinking about regulatory areas where we might be looking at restricting E cigarette flavours further?

Speaker 5

Yeah, so the first part.

Speaker 5

Is in the EU.

Speaker 5

And in Poland, in particular, menthol E cigarettes were available, all kind, all flavours of E cigarettes were available and we still saw this almost, you know, zero shift, at least in the short run away from cigarette smoking, which is what we thought would have happened. So in the month all simulation modelling we did.

Speaker 5

The experts expected a good share of people to shift to E.

Speaker 5

Cigarettes and Poland.

Speaker 5

Has a very well established E cigarette market. We even looked at heated tobacco which was also still available in flavours.

Speaker 5

And it's not like you can see a huge.

Speaker 5

Uptick at the.

Speaker 5

At the moment where east where menthol?

Speaker 5

Cigarettes are banned.

Speaker 5

What that means for regulatory policy is that tobacco companies like their cigarette profits. Yeah, they're very good at selling cigarettes, and if there is no financial incentive, they will make sure that they keep selling.

Speaker 5

As many cigarettes as possible. If that is the most profitable business venture.

Speaker 5

And we shouldn't expect otherwise for E cigarette flavour availability. Yeah, that's going to be a whole other thing, so I have done work on E cigarette flavour restrictions. In the United States.

Speaker 5

Again, using sales data, I had a paper coauthored with folks at the Truth Initiative that we published in tobacco Control in December.

Speaker 5

2021, where we looked at the effects of the flavouring, the flavoured E cigarette sales restrictions that some states put in along with a total E cigarette sales restriction that lasted for 90 days.

Speaker 5

In Massachusetts, around the same time as the evoli outbreak of 2019, evale being the E, cigarette and vaping lung injury outbreak, which sent 2000 folks to the hospital and killed almost 70 people due to primarily.

Speaker 5

THC or cannabis E cigarettes tainted with vitamin E acetate. There are of course some cases that are not accounted for, but it was primarily a problem of those products and what we found was E cigarette restrictions that just limited the sales of flavoured products.

Speaker 5

Devastated the sales of E cigarettes. Yeah, but we couldn't detect an increase in the sale of cigarettes at the same time. That was our primary like.

Speaker 5

Substitution sort of out.

Speaker 5

Come when it came to the case of.

Speaker 5

Massachusetts with their.

Speaker 5

Full temporary ban on E cigarettes or those 90 days we observed an increase a worrying increase in.

Speaker 5

The sale of.

Speaker 5

Cigarettes and this was concentrated among the sales of brands that young people use most so.

Speaker 5

We're pretty sure this was the substitution effect from E cigarettes, 2 cigarettes and it had to do with the availability of any E cigarette in the state.

Speaker 5

So what does that say that we didn't find one for a flavoured ban? Well, we only looked at temporary bans.

Speaker 5

They lasted anywhere from a few days to.

Speaker 5

A few months.

Speaker 5

We'll have to see what happens in the the places where E cigarettes sales are limited to tobacco flavour only for.

Speaker 5

You know permanent phases to understand more about what substitution is going to look like in those.

Speaker 4

Instances awesome, well that is also interesting. I think that's it for me, but I suppose what I do like to end on.

Speaker 4

First of all, if there's anything else you want to tell me about, please do. But also, if you kind of had a wish list, you had unlimited money, you could recommend any study be done in the future in the field of E cigarettes, what?

Speaker 4

Might it be?

Speaker 5

What I really want to do is to be understood to understand what policy would absolutely devastate the cigarette market.

Speaker 5

And to what degree that requires growing the E cigarette market?

Speaker 5

Get so it's a combination of I don't know what kind of field experiment you could really perform other than to have very close, detailed rapid tracking of policy implementation and surveillance and of.

Speaker 5

Course I think what my research shows is.

Speaker 5

Let's say you're taking the absolute best case scenario tobacco cigarette policy that will probably grow the E cigarette market.

Speaker 5

It's always subject to tobacco industry reaction, so let's say we're talking about New Zealand taking nicotine out of these cigarettes as they have proposed to do.

Speaker 5

In their smoke free 2025 action plan.

Speaker 5

A tobacco company could withdraw from the New Zealand market altogether and, uh, see what sort of chaos follows a tobacco company could create a nicotine analogue and put that in their their cigarettes. There's all sorts of things that we can't.

Speaker 5

No, just yet, but we need to perform rapid policy surveillance and and well funded market surveillance to understand these effects before.

Speaker 5

Or people are allowed to assign blame in a way that is politically advantageous to them. My worry is that a tobacco company which relies very heavily on its cigarette profits will do what they think is in their long term best interest to maintain those profits. I I trust them.

Speaker 5

As far as I can throw them.

Speaker 5

And I take seriously their their their threats of what they will do to maintain those profits. So what can we do? We can fund rapid policy evaluation faster. The fact that the Poland study I talked about is.

Speaker 5

One of the first to examine the reaction of smokers outside of a focus group to the continental wide.

Speaker 5

Menthol cigarette ban and it's happening almost two years after implementation is far too slow. I would speed stuff up.

Speaker 4

Oh well, I hope you do it. I think you know there's so many changes coming too in the space of tobacco regulation globally that wouldn't it be nice if we are well equipped to look at the impact of those changes if not in real time as close to real time as.

Speaker 5

Yeah I completely agree Jamie, thank you.

Speaker 4

Well, thank you so much Alex. It's been really interesting talking to.

Speaker 5

You about this very much appreciated.

Speaker 4

Thanks a lot.

Speaker 4

Right, so as you might be able to tell, I really enjoyed talking to Alex about his work. I think the policy angle is another really important one.

Speaker 4

We spend a lot of time focusing on kind of clinical trials, but of course there's a much bigger policy context and it's really interesting to think about specifically flavours in that area. Nicola, do you want to just close?

Speaker 4

Us out by telling listeners a little bit about the work that we've been doing on flavours.

Speaker 3

Yeah, that would be great Jamie so.

Speaker 3

Basically we're kind of running this sub study of our living review and what we're doing is investigating whether the effectiveness of using a nicotine E cigarette to stop smoking or the long

term use of an E cigarette is associated with the flavour of E cigarette used, and it's worth mentioning at this point that up to now we haven't found any.

Speaker 3

Studies for our review. They're explicitly set out to compare the effects of different flavours of E cigarettes, although we do expect that those studies are coming.

Speaker 3

So to to look at our aim. We looked at all the studies that have been found by our literature searches up to January 2022 that measured quitting or the number of people still using an E cigarette at six months follow up or longer.

Speaker 3

First we looked at our existing analysis that are in our review and we grouped the studies in those analysis.

Speaker 3

According to the flavour of E cigarette that was used in the study.

Speaker 3

So through doing this, we found no clear evidence that the effects that we found in our review differed dependent on the flavour of E cigarette that was used in the study.

Speaker 3

However, it is important to say that the number of studies in each group was small, and so it's likely that our findings may change as we add more studies to our analysis. You know, as we find more.

Speaker 3

So along so net, the next thing that we then did was we looked at the studies that measured quitting and long term use again, and we identified any that had given participants in the study a choice of E cigarette flavour.

Speaker 3

So of the 57 studies we looked at, 10 of them provided their participants with a choice of flavour of E cigarette.

Speaker 3

Now I won't.

Speaker 3

Read out all of the information on the number of people who chose each flavour. Five of the study of the 10 studies that gave a choice provide that information, but it would be very long winded to just talk through all that now. However, we will write up all that information in a page.

Speaker 3

None of the studies reported that they had carried out any analysis to see if the effects that they found in their paper differed by the flavour of E cigarettes that people chose.

Speaker 3

However, when we contacted the authors of these papers, we were provided with raw data from the studies from two of them. So then our next steps in what we plan to do.

Speaker 3

Is to look at the data from those two studies a bit more carefully and see if it's possible to carry out this type of analysis ourselves.

Speaker 3

And again, if we are able to do some analysis, which we think we will be able to do some kind of preliminary exploratory things.

Speaker 3

Then again, that's going to be written up in our planned paper, so watch this space, basically.

Speaker 4

Excellent, thank you so much Nicola.

Speaker 4

I think it's quite a hopeful month in terms of E cigarette research. We have 4 new trials, some of which I think are likely to be.

Speaker 4

Really quite impactful.

Speaker 4

Clearly a lot more work to be done in the area of flavours and some of that work ongoing.

Speaker 4

So do cheque in with us again next month to hear about what's new with E cigarette research, thanks.

Speaker 4

Please subscribe on iTunes or Spotify and stay tuned for our next episode.

Speaker 2

Ben is safer than smoking. May help you quit it, yeah. But remember to mention the findings we have. Can't tell us what will happen long term even though we know vaping is safer than smoking. We may still like cars for concern.

Speaker 2

Just think it up switch interface.

Speaker 1

Smoking so fat.

Speaker 1

That's what the experts agree.

Speaker 2

Female mentor

Speaker 2

Learning, there's much to learn.

Speaker 4

Thank you to Jonathan Livingston Banks for running searches to Elsa Butler for producing this podcast, and to all of you for tuning in.

Speaker 4

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Speaker 4

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