

## PRESS RELEASE

### Quit smoking with e-cigs helps to reduce blood pressure

Catania, 15th January 2016 - "Stopping or reducing the consumption of tobacco cigarettes with the use of electronic cigarettes has beneficial effects on the cardiovascular system, in particular by reducing blood pressure in individuals with high blood pressure".

Prof. Riccardo Polosa's research team at the University of Catania (Italy) - in collaboration with Dr. Konstantinos Farsalinos, greek cardiologist at the University of Patras and expert in smoking and vaping health outcomes, and Fabio Cibella, biostatistician at the Italian research Institute CNR in Palermo - have documented, firstly in the world, a stable and lasting reduction in systolic blood pressure in those who had stopped smoking thanks to the e-cig. The research derives from a careful evaluation of the data collected in the ECLAT study, the first clinical trial in the world that appraised the efficacy and safety of e-cigs and that was conducted by the researchers of the Italian Anti Smoking League and the University of Catania.

It is well known that the link between smoking and blood pressure is quite complex because data from literature appear to contradict. For example, the results obtained from studies of smoking cessation on the arterial pressure are not unique; some show a reduction, others an elevation while others do not record any change in terms of blood pressure in those who quit smoking. However, the Italian and Greek researchers of the study published in the scientific magazine "Internal and Emergency Medicine" have no doubt that quitting smoking with e-cigs can normalize high blood pressure.



"At this point, it would be very important - says Farsalinos, first author of the study - to confirm the results of this research also in those smokers with cardiovascular diseases or relevant risk factors, because it is highly likely that these patients will benefit from substantial improvements in their health if they would stop smoking with the use of electronic cigarettes".

"It is another evidence that the e-cig not only represents a valid and effective alternative to tobacco consumption - concludes Polosa - but it can produce beneficial effects with significant impacts in other areas of public health, such as in the control of cardiovascular risk".



For more info:

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