

2005 REPORT

Tobacco Control Unit - U.F. Prevenzione Danni da Fumo

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Tobacco Control Unit (TCU) is currently engaged in three main branches of activity: clinical, educational, and environmental tobacco smoke (ETS) pollution research.

Clinical activity of TCU is devoted to smoking cessation programs offered to patients at the Anti-smoking Clinic of our Institute. In about four years of activity, the Clinic was able to enroll 950 smokers, with an average cessation or reduction of 40%, in agreement with guidelines data.

The Clinic carried out the first research protocol for smoking cessation with the antidepressant hypericum on recalcitrant smokers, with a cessation or reduction rate of 35%.

A remarkable proportion of clinical activity (15%) is devoted to passive smokers' health, with 20 first diagnoses of obstructive lung disease in non-smokers complaining of respiratory symptoms associated with passive smoke at work. Anti-smoking Clinic developed a website (hosted by the Institute website) dedicated to smokers who try to quit, with a forum where smokers and ex-smokers share their problems with mutual help.

In the next years the staff will also be engaged in smoking cessation assistance to smokers who attend the spiral CT protocol by Prof. Ugo Pastorino, Head of the lung surgery Division of our Institute.

We are planning a comprehensive project aimed to offer to all INT smoker patients a minimal advice and a smoking cessation program.

Educational activities of TCU address to smoking policy at workplace, to educational programs in schools, and to lobby activities against tobacco smoke.

At present TCU helped 15 companies in the successful implementation of a smoke-free workplace, while 30 schools in the Milan area are at present engaged in educational anti-smoking programs for children and teachers with the aid of TCU experts.

During 2005 TCU launched a school competition on smoking prevention issues – Idee in fumo – in collaboration with Corriere della Sera, Chiamamilano, Le Iene, Tg5, Radio DJ, Salute Donna, Pubblicità Progresso, with the participation of 150 schools all over the country.

EDUCARIA is another educational project for primary schools in which TCU is engaged starting January 2005 up to July 2006, in collaboration with Chiamamilano, an association for clean air in the city.

PDDF is well known also for its lobby activities against tobacco smoke: a lot of newspaper, radio and television interviews have been done by TCU experts with a nationwide echo (Corriere della Sera, OK Salute, RAI1, RAI2, RAI3, Canale 5, Italia 1, MT Channel, Telelombardia, Radio 24).

Continuing medical education for health professionals is another important branch of TCU projects.

We are also teaching smoking cessation and tobacco marketing to the University of Milan nurse students from 2003.

The research in the field of indoor pollution from environmental tobacco smoke (ETS) was particularly successful in 2004 and 2005, with a number of papers published by TCU in authoritative scientific journals, the most representative being “Particulate matter from tobacco *versus* diesel car exhaust: an educational perspective” published in the September '04 issue of *Tobacco Control*, the leading journal in the field.

Several research projects are in progress, such as particulate matter personal exposure monitoring, “residual” tobacco smoke as an indoor ETS pollutant, real time measurement of deposition of particulate matter in the lung, interactions among ETS and particles from inhaled medications, and specific inflammatory activity of particulate matter from different ambient sources. Such studies are currently being done in collaboration with authoritative institutions like the Respiratory Unit of Brompton Hospital in London UK, and the Division of Environmental Health and Biostatistics, Keck School of Medicine, University of Southern California.