

NEWSLETTER

Study of Electronic Cigarettes to Help Smokers with Periodontitis Stop Smoking

 @NewcastleSDS

Introduction

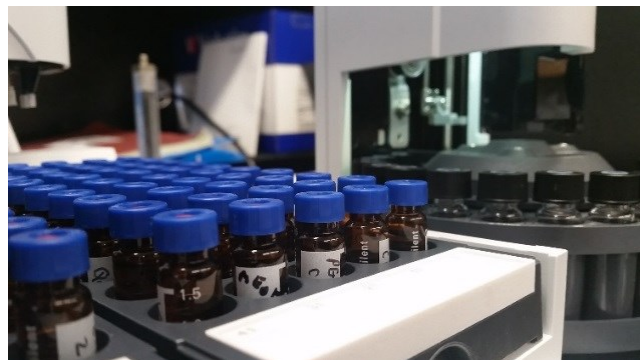
Welcome to this newsletter! This research study has recently finished and the aim of this newsletter is to feedback the results to those who were involved. We hope you find it interesting.

Back to Basics: What was the study about?

This study looked at how to help smokers who had periodontitis (gum disease) to quit. The main aim was to explore the provision of an e-cigarette (as a quitting aid). We plan to use the results of this study to help us design a much larger future study.

Key Facts

- 80 patients were recruited (half received e-cigarettes as a quitting aid and half received usual smoking cessation advice)
- Study ran for 22 months
- There were 619 study appointments
- 58 (73%) patients completed the study
- 39 e-cigarette starter kits were provided
- 31% of patients had quit smoking at 4 weeks
- 20% of patients had quit smoking at 6 months
- 749 biological samples were collected e.g. saliva
- Almost 2000 questionnaires were completed



Results

The main results included:

- We were able to recruit our target number of patients to a randomised clinical trial.
- The delivery of the e-cigarette was well received by patients.
- We obtained lots of technical details to allow us to design a robust future study.
- E-cigarettes seemed to be a useful quit aid (but this needs to be confirmed in a larger study).
- Almost all patients saw an improvement in their periodontal health during the study (regardless of whether they received an e-cigarette or not).

We learnt a lot from the patient interviews. For example, the importance of:

- the opportunistic nature of smoking cessation advice
- the personalised nature and the use of tangible prompts
- a positive outlook (i.e. focusing on the benefits of quitting on future treatment)

We also explored views about e-cigarettes which will help shape future studies e.g. importance of having a range of flavour choices for patients to choose from.

Outputs

We have been busy presenting our findings at research meetings. We are currently writing up scientific papers for different aspects of the project. Below is Richard presenting at a recent meeting in Munich. There was lots of interest in the research and he was delighted to have won a 'best in session' prize.



We still need your help!

The final stage of the project is to run a focus group. This will involve 6-10 patients who have been part of the study. The team will present the research findings and you will have an opportunity to give your opinion.

When?

Tuesday 9th October 11am-1pm

Where?

Dental Clinical Research Facility, Newcastle Dental Hospital (where you came for the study)

Lunch?

A free lunch will be provided during the meeting.

Travel?

We can cover travel costs (not taxis, please keep receipts).

To take part in this please email

richard.holliday@newcastle.ac.uk to register your interest. Or call the office on 0191 2821170.

Finally, the research team would like to say a huge thanks to everyone who participated in the research study.

Thank You!



National Institute for Health Research