

# Call for doctors to support the opportunity of vaping in the fight against cancer

October 7, 2021



#sovape  
Agir et dialoguer pour la réduction des risques

Communiqué du 7 octobre 2021

## Vapotage et lutte contre le cancer Appel aux médecins

+ sondage exclusif



***PRESS RELEASE** | Every year since 2019, the SOVAPE association commissions a survey from the BVA institute on the perception of the risks of vaping compared to smoking and of nicotine compared to the risk of cancer. On the occasion of the publication of this survey (see below), SOVAPE is asking doctors to support a call to better use the opportunity of vaping in the fight against cancer.*

***Updated October 28, 2021**, thank you to the 117 doctors already supporting the appeal. The form reserved for them remains open (see end of text).*

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## Vaping and the fight against cancer

Appeal to public authorities and health authorities: vaping is an opportunity that must be integrated into plans to fight cancer, to better combat smoking, the leading risk factor.

We know: not smoking helps prevent many cancers. Quitting smoking greatly reduces the risk of contracting cancer over the years. If cancer is diagnosed, quitting smoking improves the effectiveness of treatments and extends life expectancy.

Nicotine replacement is a validated treatment that makes quitting easier by reducing the difficulty of withdrawal. **Nicotine does not cause cancer** . Vaping also allows you to substitute nicotine free of the toxins resulting solely from combustion, responsible for the pathologies of smoking.

For more than 10 years, scientific research – which must continue – has produced studies that are sometimes controversial, but which have already established consensus:

- vaping is an effective aid for quitting smoking,
- Vaping is extremely less harmful than smoking.

### **However, vaping suffers from a bad image and regulations that reduce its access and effectiveness.**

Third annual BVA survey for SOVAPE [1] : 80% of French people believe that nicotine is carcinogenic (up 2 points compared to 2020), and 77% do not know that vaping is much less risky than smoking (also up 2 points). These trends, **contrary to reality**, persist from year to year.

**More than 99% of vapers** use vaping to reduce or quit smoking. However, regulations have only focused on the fear of use by non-smokers, particularly young people. With more than a decade of hindsight, vaping clearly appears to be a **way out of smoking without being an entrance** to it. Wherever vaping grows, youth smoking declines.

In France, vaping is banned from advertising and “propaganda”. The European limitation of bottles to 10 ml increases the cost for users and the limitation of the nicotine level to 20 mg/ml reduces its effectiveness for smoking cessation. **The interest and impact of these supposedly protective measures have never been evaluated** . Just like the consequences of current European projects to limit flavors and additional taxes (in addition to 20% VAT) which would penalize users and those who want to quit smoking.

### **An unprecedented distortion in public health**

To fight Covid19, public authorities and health authorities have established a benefit/risk balance of vaccination based on scientific facts. Clear official incentives as well as strong mobilization of health professionals pushed the population to act with the aim of protecting themselves.

Regarding vaping, the lack of commitment from public authorities and health authorities is no longer acceptable. It is essential, for public health, that they seize this unprecedented and historic opportunity to **accelerate the decline in smoking** and the harm it causes each year: 75,000 avoidable deaths, cancers, respiratory diseases, cardiovascular diseases, etc.

### **Call for a paradigm shift on vaping**

Faced with the ravages of cancer, national and supranational (European Commission) control plans must integrate vaping, promote the conditions for its effectiveness and be based on the facts to assess the risks.

We call on all health professionals in direct contact with their patients trapped by smoking, to **demand a change in posture from public authorities and health authorities** on the issue of vaping, while plans to fight cancer are currently being discussed.

According to the INCa, 20% of the 382,000 cases of cancer that occur each year are linked to smoking, including 80% of lung cancers [2].

**With 14 million smokers in France, vaping is not a problem. It's a solution.**

#### NOTES AND REFERENCES

[1] – BVA survey for SOVAPE 2021: [consult here](#).

[2] – INCa: Panorama of cancers in France, 2021 edition: [https://www.e-cancer.fr/pdf\\_inca/preview/303372/4327939/file/Panorama%20des%20cancers%20en%20France\\_2021.pdf](https://www.e-cancer.fr/pdf_inca/preview/303372/4327939/file/Panorama%20des%20cancers%20en%20France_2021.pdf)

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**If you are a doctor, you can support the appeal by clicking here**.

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#### **120 supports:**

**Marion ADLER** | Doctor | Tobacco specialist, addictologist, general practitioner | **Xavier AKNINE** | Doctor | General practitioner | **Philippe ARVERS** | MD, PhD | Addictologist and tobacco specialist | **Martin ASSAYAG** | Doctor | Psychiatry | **Sylvain BALESTER MOURET** | Doctor of Medicine | Clinical Addictology | **Arnaud BALZAC** | Doctor | Addiction doctor | **Vianney BASTIT** | Doctor | ENT | **Marie BEJOT** | Doctor | Tobacco specialist | **Catherine BENNER** | Doctor | Addictologist, tobacco specialist | **Jacques BERTRON** | Doctor | Addictologist | **Frédérique BISIAUX** | Doctor | General practitioner, pain | **Pascale BLOUET** | Doctor | Psychiatrist | **Michel BOLOPION** | General practitioner | Addictology | **Anne BORGNE** | Doctor | Addictologist | **Harmony BOUCHEZ** | Doctor | General practitioner addictologist | **Jean-Paul BOYES** | General practitioner | Addictologist | **Camille BRAND** | Doctor | Addictologist, tobacco specialist | **Maxime BREBAN** | Professor of Medicine, Head of Department, Director of Inserm / UVSQ Paris Saclay research team | Rheumatology | **Anne BRETTEL** | Psychiatrist doctor | Addiction psychiatrist | **Sylvie BOULANGER** | Doctor | Nutritionist Addictology | **Catherine BREUILLY-LEVEAU** | Doctor | General medicine, tobacco and addiction services | **Barbara BROERS** | Teacher | Addiction Medicine | **Michel CADART** | Doctor of Medicine | General medical coordinator RESAD Vaucluse | **Gérard CAMPAGNE** | Doctor | Addictologist | **Sophie CAPTIER** | Addiction doctor | Addictology | **Bernard CAULE** | Doctor | General medicine | **Roland CAZALIS** | Doctor of Medicine | General medicine | **Hugues CHABRIAT** | Professor of neurology | Vascular neurology | **Mattéo CHIARETTI** | Doctor | Addictologist | **Pascal CLEMENSON** | Doctor of Medicine | Addictologist | **Arnaud COCAUL** | Doctor | Nutritionist | **Élodie COQUAN** | Doctor | Oncology | **Stéphane CORBINAIS** | Doctor | Gastroenterologist | **François**

**CORDONNIER** | Doctor | General medicine | **Alain CORNEN** | Doctor of Medicine | Cardiology, medical resuscitation | **Anne-Sophie COUTIN** | Doctor | Obstetrics gynecology | **Jean-Pierre COUERON** | Psychologist | Addictology | **Sylvie DARSOUZE** | Doctor | Tobacco specialist | **Pascal DEBOVE** | Doctor | Pulmonologist | **Michel DELAUNAY** | Doctor | Ophthalmology | **Valentine DELAUNAY** | Doctor | Addict | **Isabelle DELAUNAY LELIEVRE** | Doctor | Pulmonologist | **Claire DELORME** | Doctor | Supportive oncology care | **Pierre DEMONTROND** | Doctor | Pulmonologist, thoracic oncologist | **Corinne DEPAGNE** | Doctor | Pneumology | **Hervé DOUARD** | Doctor | Gastroenterologist | **Gérard DUBOIS** | Honorary professor of public health | Public health | **Catherine DUBOS ARVIS** | Doctor | Pneumo-oncologist | **Dominique DUPAGNE** | Doctor | General medicine | **Olivier DURET** | Doctor | Generalist | **Martine ENGERRAND** | Doctor | General medicine | **Françoise ETCHEBAR** | General practitioner | Addictologist | **Jean-François ETTER** | Teacher | Public health | **Philippe EVENOU** | Doctor of Medicine | Dermatologist | **Audrey FAVEYRIAL** | Doctor, director of medical affairs at the François Baclesse center | Medical oncology | **Marie-Josée FERRO-COLLADOS** | Doctor | Addictologist | **Anaenza FREIRE MARESCA** | Doctor of Medicine | Infectiology, addictology | **Marie-Pierre GALAIS** | Doctor | Hepatogastroenterologist | **Florent GASCOUGNOLLE** | Doctor | General medicine | **Benjamin GOUACHE** | Doctor | Psychiatrist | **Philippe GRUNBERG** | Doctor and teacher | Generalist | **Renaud GUIU** | Doctor | Sports doctor | **Jean-Marie HEID** | Doctor | Addiction doctor | **Eliane HERRAN** | Addiction doctor | Addictology | **Bernard GÉRY** | Doctor | Radiation oncologist | **Sylvianne JACQUEMIN** | Doctor of Medicine | Psychiatry | **Bruno JOURNE** | Addictologist | Addictologist | **Jacques LACROIX** | Doctor | General medicine | **Marion LAFOSSE** | Doctor | Anesthetist-resuscitator | **Christophe LAMARRE** | Doctor of Medicine | Specialist in general medicine | **Audrey LASNE-CARDON** | Doctor | ENT and head and neck surgery | **Didier LAURENT** | Doctor | Gastroenterologist | **Franck LE CAER** | Doctor of Medicine | Pain palliative care | **Mathilde LECHEVREL** | Teacher – Researcher | Toxicology | **Jacques LE HOUZEC** | Doctor of Life and Health Sciences | Tobacco addiction, tobacco specialist | **Jacques LELOUTRE** | Doctor | Addictologist | **Brigitte MALNOURY** | Doctor | Generalist | **Béatrice LE MAITRE** | Doctor | Tobacco specialist | **Thibault LE MEHAUTE** | Doctor | General medicine | **Annaïg LE PENNEC** | Doctor | Addictology | **Delphine LEROUGE** | Doctor | Onco radiotherapist | **Marie-Thérèse LETERTRE DELAUNAY** | Doctor | Ophthalmology | **William LOWENSTEIN** | Internist and addictologist, president of SOS Addiction | Addictology | **Loredana MARTES** | Doctor | Thoracic surgery | **Gérard MATHERN** | Doctor of Medicine | Penumologist, tobaccoologist | **Damien MAUILLON** | Doctor | Addictologist | **Astrid MAURAY CAPLANNE** | Doctor | Addictologist | **Marie-Line MAZURKIEWICZ LINE** | Hospital practitioner | Addictologist | **Wajdi MEHTELLI** | Doctor | Psychiatrist, Addictologist, Tobacco specialist | **François MEURET** | Doctor of Medicine | General practitioner | **Xavier MIRABEL** | Hospital doctor, head of department | Radiation oncologist | **Pascale MODAI** | Doctor | Occupational doctor | **Jean-Pierre MOIROUD** | Doctor of dental surgery | Orthodontics | **Arnaud MUYSSSEN** | Doctor | Addictologist and biologist | **Saadia NAHLI** | Doctor | Addictology | **Phuc NGUYEN** | Doctor | Addictology | **Caroline PAPEIX** | Doctor | Neurologist | **Aurélié PARZY** | Doctor | Gastroenterology | **Dominique PASQUET-MOULIN** | Doctor | Generalist | **Etienne PATRICOT** | Doctor | Addictologist | **Antoine PELISSOLO** | Professor of medicine, head of department | Psychiatry | **Annie PEYTIER** | Doctor | Gastroenterologist, oncologist | **Laurence PICARD** | Doctor | Pharmacy | **Aline PICON** | Doctor | Addictology | **Estelle PIROLLO** | Doctor | Addictologist | **Philippe PRESLES** | Doctor | Tobacco, psychotherapy | **Audrey RAMBEAU** | Doctor | Oncology | **Gérard REGINE** | Doctor | Generalist | **Matthieu RENARD** | Doctor | General practitioner, addiction | **Thierry RENAUX** | Doctor | Addictology | **Alexia ROMERO** | Doctor | Psychiatry | **Rose-Marie ROUQUET** | Doctor of Medicine | Pneumology, tobaccoology | **Christelle ROUSSEAU** | Doctor | Occupational medicine | **Pierre ROUZAUD** | Occupational medicine, Toxicology and forensic medicine, legal compensation for personal injury, aeronautical medicine | **Kenneth SHERWIN** | Doctor | General practitioner | **Jean-Baptiste TRABUT** | Doctor | Addictology | **Marie VAN DER**

## Newspaper

LIBERATION – October 12, 2021 – [Smoking / Fight against cancer: vape or not vape?](#)

## Resources

### Nicotine and cancer

La nicotine provoque t-elle le cancer ? D'après l'OMS, non. Lien : <https://cancer-code-europe.iarc.fr/index.php/fr/12-facons/tabac/1164-la-nicotine-provoque-t-elle-le-cancer>

À lire également la publication récente de Cancer Research UK : E-cigarettes: what we know and what we don't – Lien : <https://news.cancerresearchuk.org/2021/04/26/e-cigarettes-what-we-know-and-what-we-dont/>

### Vapotage et cancer

Entre autres références, nous pouvons citer l'INCA qui déclare : « À la différence des cigarettes, elles ne contiennent pas de tabac, ne créent ni de fumée ni de combustion. Bien que la nicotine soit addictive et, à très haute dose, néfaste pour la santé, la cigarette électronique ne contient pas le vaste cocktail de produits chimiques cancérigènes trouvés dans le tabac combustible. » dans « La cigarette électronique: une opportunité de réduire le nombre de cancers liés au tabac? »

PDF chargeable : [https://www.e-cancer.fr/content/download/198962/2674935/file/Cigarette\\_electronique\\_Extrait\\_de\\_la\\_synthese\\_des\\_cancers\\_en\\_France\\_2016\\_20170530.pdf](https://www.e-cancer.fr/content/download/198962/2674935/file/Cigarette_electronique_Extrait_de_la_synthese_des_cancers_en_France_2016_20170530.pdf)

Article datant de 2016 par le Pr Bertrand Dautzenberg et le Dr Daniel Garelik : [Patients with lung cancer: Are electronic cigarettes harmful or useful?](#)

### Vapoter est une aide efficace pour arrêter de fumer

En France, selon le baromètre santé 2017 édité par SPF, 870.000 ex-fumeurs déclarent que la vape les a aidés à arrêter de fumer (dont 700.000 ex-fumeurs depuis au moins 6 mois), les principales aides utilisées sont la cigarette électronique (26,9%) et les substituts nicotiques (18,3%)

Ref : Baromètre de Santé publique France 2017. Usage de la cigarette électronique, tabagisme et opinions des 18-75 ans – Pasquereau A, Quatremère G, Guignard R, Andler R, Verrier F, Pourchez J, Richard JB, Nguyen-Thanh V – 2019 – <https://www.santepubliquefrance.fr/determinants-de-sante/tabac/documents/enquetes-etudes/barometre-de-sante-publique-france-2017.-usage-de-la-cigarette-electronique-tabagisme-et-opinions-des-18-75-ans>

Ref : Tentatives d'arrêt du tabac au dernier trimestre 2016 et lien avec Mois sans tabac : premiers résultats observés dans le Baromètre santé 2017 – Romain Guignard

(romain.guignard@santepubliquefrance.fr), Jean-Baptiste Richard, Anne Pasquereau, Raphaël Andler, Pierre Arwidson, Olivier Smadja, Viêt Nguyen-Thanh ; le groupe Baromètre santé 2017\* Santé publique France, Saint-Maurice, France –

Lien : [http://beh.santepubliquefrance.fr/beh/2018/14-15/2018\\_14-15\\_6.html](http://beh.santepubliquefrance.fr/beh/2018/14-15/2018_14-15_6.html)

# Vapoter est extrêmement moins nocif que fumer

L'agence de santé britannique estime que vapoter est 95% moins dangereux que fumer.

Une étude de l'institut Pasteur démontre que le vapotage réduit de 99,8 % des carbonyles, et jusqu'à 99,2% des hydrocarbures aromatiques polycycliques par rapport à la fumée de tabac, davantage que le tabac chauffé. L'institut appelle néanmoins à la prudence avant d'extrapoler une réduction des méfaits proportionnelle à la réduction des émissions.

**Ref :** Comparison of the chemical composition of aerosols from heated tobacco products, electronic cigarettes and tobacco cigarettes and their toxic impacts on the human bronchial epithelial BEAS-2B cells – Lien : <https://www.sciencedirect.com/science/article/abs/pii/S0304389420314060?via%3Dihub>

## Porte d'entrée pour des non-fumeurs, et en particulier, les jeunes dans le tabagisme

Des travaux menés par l'OFDT et l'INSERM indiquent non seulement l'absence d'effet de passerelle, mais suggèrent un effet de diversion du vapotage contre le tabagisme des adolescents. Les jeunes ayant essayé au moins une fois de vapoter ont un risque réduit d'environ 40 % de devenir fumeur d'ici leurs 18 ans par rapport à ceux qui n'ont jamais essayé.

**Ref :** Sandra Chyderiotis, Tarik Benmarhnia, François Beck, Stanislas Spilka, Stéphane Legleye, Does e-cigarette experimentation increase the transition to daily smoking among young ever-smokers in France?, Drug and Alcohol Dependence, Volume 208, 2020, <https://doi.org/10.1016/j.drugalcdep.2020.107853>.

**Ref :** Legleye, S., Aubin, H.-J., Falissard, B., Beck, F., and Spilka, S. (2020) Experimenting first with e-cigarettes versus first with cigarettes and transition to daily cigarette use among adolescents: the crucial effect of age at first experiment. Addiction – Lien : <https://doi.org/10.1111/add.15330>.

L'intérêt et l'impact de ces mesures, supposées protectrices, n'ont jamais été évalués, ainsi alors que les indices d'une interdiction des arômes se multiplient. Une publication parue dans JAMA pediatrics repose sur des données récoltées auprès de plus de 100 000 lycéens californiens dans le cadre du suivi biennal de la Youth Risk Behavior Surveillance System (YRBSS). Elle révèle que l'interdiction à San Francisco de vendre des produits du vapotage aromatisés a été associée à une augmentation du tabagisme chez les lycéens mineurs par rapport aux autres districts scolaires. – Lien : <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2780248>

Une autre étude de cohorte américaine, comprenant près de 18.000 participants adultes, arrive à la même conclusion : ceux qui avaient commencé à utiliser des produits avec des arômes autre qu'un arôme tabac étaient plus susceptibles d'arrêter de fumer que ceux qui utilisaient des arômes de tabac. – Lien : <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2766787>

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## ACTUALITÉS ET COMMUNIQUÉS

Protégé : Nicotine, vapotage, tabagisme : 9 français sur 10 sont désinformés – Sondage exclusif BVA pour SOVAPE

MERCI LA VAPE : participez !

SOVAPE appelle la Commission à respecter la réduction des risques

Menaces de l'OMS sur le vapotage, quatre associations lancent l'alerte

TPD : participez à la consultation publique sur les produits de réduction des risques

## **PUBLICATIONS**

OMS : menaces sur le vapotage

Grossesse et vapotage

A look back at the 2019 wave of pneumonia in the USA (EVALI)

WHO, vaping and tobacco control

Survey on vaping during No Tobacco Month 2017

**SOVAPE – 88 avenue des Ternes – 75017 PARIS – Email: [contact@sovape.fr](mailto:contact@sovape.fr)**

SOVAPE – Association under the 1901 law with a disinterested and non-profit purpose – **SOVAPE is an association fully committed to the fight against smoking from the angle of reducing smoking risks.** SOVAPE is completely independent from the tobacco industry and the pharmaceutical industry. **It is registered in the European Transparency Register No. 986221244025-63**

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