



Putting on weight when quitting? Not when you stop with the e-cig

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The first study in the world evaluating the relationship between weight gain and smoking cessation in people who had stopped with e-cig has been just published:

<http://www.nature.com/articles/srep18763>

The University of Catania's research team led by Prof. Riccardo Polosa, in collaboration with Dr . Fabio Cibella from CNR Palermo, have shown only a negligible weight gain in those who had stopped thanks to the electronic cigarette. Smoking cessation is known to cause significant weight gain, which on average is about 5-7 kg. In the Italian study, instead, the weight gain after one year of cessation was only 1.5 kg.

While stop smoking results in considerable health improvements, in many smokers it is often associated to weight gain. To date, however, no one had yet evaluated the effects on body weight in people who have replaced tobacco cigarettes with e-cigs. A secondary analysis of the data collected in the ECLAT study (the first clinical trial in the world on the efficacy and safety of e- cig - <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0066317>) has shown that weight gain in those who stopped smoking thanks to the electronic cigarette was definitely negligible.

Dr. Cristina Russo (first author of the study) said: "Quitting without having to worry about putting on weight is a major aspiration for many smokers. Our study suggests that e-cig could be a practical and effective solution".

Although it was not possible to specify which biochemical and/or behavioral processes may have led to the absence of significant changes in body weight, the important reduction of weight one year after cessation is a surprising result that will require future research.

"That vaping can be used for weight control purposes - said Polosa - is an important discovery that could have a significant impact in other challenging areas of public health, such as obesity".

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