

**Submission
No 42**

E-CIGARETTE REGULATION AND COMPLIANCE IN NEW SOUTH WALES

Name: Professor Renee Bittoun

Date Received: 4 November 2023

Submission to the NSW Parliament

Inquiry into E-cigarette regulation and compliance in New South Wales

I have been working in the field of nicotine addiction for more than 40 years, starting Australia's first Smokers' Clinic at St.Vincents' Hospital in 1979. I was heavily involved with the state and federal anti-smoking campaigns of the 1980s. I remain in the field, teaching this topic at Universities, in Medical and Public Health forums etc and I continue to conduct clinical work. I carry out research and am an international speaker on this topic (see brief bio attached). I am the only Professor in Nicotine Addiction in Australia.

Given my vast experience in the field I am very concerned about the addictive nature of nicotine vaping products that are delivering nicotine at speeds and doses far greater than tobacco smoking. My experience with vapers and their usage, and my current research and management leads me to believe that the withdrawals from vaping are more severe than from smoking and the management required, both behavioural and pharmaceutical will require more intensive interventions than with smoking cessation. I have attached a link to my publications on the management of Vaping Cessation in Adults and Adolescents. As we have grave concerns regarding adolescent access to these products, and as symptoms of nicotine abuse and withdrawals are significant in young people whose brains are potentially neuro-adapting to nicotine it is vital that the laws remain strong and prohibit any form of nicotine vape/tobacco accessibility.

Such are my concerns after multiple approaches by colleagues and patients/clients/consumers and the sheer lack of cessation facilities, I have started Australia's first (possibly the world's first) Vaping Cessation Clinic (at Ramsay Health Care) in order to better manage cessation, collect data and disseminate information and record the natural history of vaping cessation.

Professor Renee Bittoun

Nicotine Treatment Specialist

Consultant

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FASLM

Founding Editor in Chief; The Journal of Smoking Cessation, Cambridge University, Hindawi

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Brief Biography: Renee Bittoun

Renee is a physiologist who has been a clinical academic in smoking cessation and nicotine addiction for more than 35 years and is considered a world expert in the field.

- She founded one of the world's first Smokers' Clinics in Sydney, Australia in 1979.
- She was Director of the Smokers' Clinics in the Sydney Local Health District for 15 years to 2018.
- She was Head of the Smoking Cessation Unit in the Faculty of Medicine, Brain Mind Institute, at the University of Sydney for 20 years, where she established the first University course on Nicotine Addiction and Smoking Cessation in any Australian University.
- She was President of AASCP, The Australian Association of Smoking Cessation Professionals for 10 years.
- She is the founder and Editor-in-Chief of the international peer-reviewed Journal of Smoking Cessation published by Cambridge University and Hindawi Press.
- She has published many research articles, chapters and books on smoking cessation, vaping and vaping cessation.
- She is on many National and State Vaping and Vaping Cessation Advisory Committees
- She is the author of the chapter Tobacco, in "Addiction Medicine", Oxford University Specialist Handbooks.
- She has been a visiting Professor to the Salpetriere Hospital in the School of Psychiatry, at the Sorbonne in Paris, France, the University of Leiden, The Netherlands, the Trimbos Drug and Alcohol Institute in Utrecht, The Netherlands, and visiting Professor at the Charles University, Prague, the Czech Republic.
- She is currently Conjoint Professor at Notre Dame University, Australia and Professor, Head of the Nicotine Addiction Unit, Lifestyle Medicine, Avondale University, Australia
- Currently she is a consultant and teacher in tobacco and vaping treatment to NSW Health, National Indigenous Health groups, mental health groups and drug and alcohol treatment programmes both nationally and internationally.
- 2023-Expert Committee member French Cancer Institute
- AWARDS: French Govt, Research Fellowship, Thoracic Society of Australia Award for Public Health, NSW Rural Health Award, Awarded Fellow of the Australasian Society of Life-style Medicine.

Links to managing Vaping Cessation, nicotine addiction and nicotine Fact Sheets

<https://research.avondale.edu.au/search?query=Bittoun>