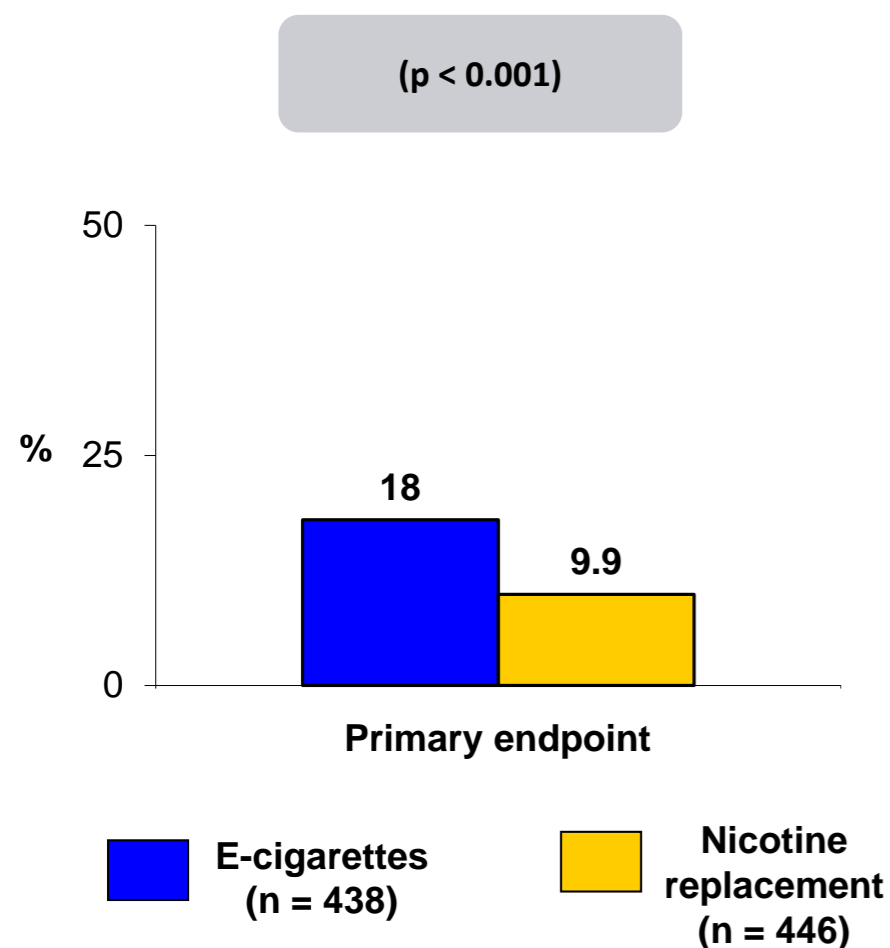


Randomized Trial of E-Cigarettes vs. Nicotine-Replacement Therapy



Trial description: Adults seeking help for smoking cessation were randomized in a 1:1 fashion to either e-cigarettes or a nicotine-replacement product. They were followed for 1 year.



RESULTS

- Primary endpoint: abstinence at 52 weeks: e-cigarettes vs. nicotine replacement: 18% vs. 9.9%, RR 1.83, 95% CI 1.30-2.58; $p < 0.001$
- Abstinence at 4 weeks: 43.8% vs. 30.0%; at 26 weeks: 35.4% vs. 25.1%, both $p < 0.05$
- Composite urge score at 4 weeks: 2.0 vs. 2.3, $p < 0.05$

CONCLUSIONS

- E-cigarettes are more efficacious than nicotine-replacement products for abstinence at 1 year among participants motivated to quit smoking, although overall success rate remains very low
- Recent studies have suggested a higher risk of CV events with e-cigarettes; unclear if they should be endorsed for smoking cessation

Hajek P, et al. *N Engl J Med* 2019;380:629-37