

Resumaziun dals resultats: Consequenzas nuschaivlas da l'exposiziun passiva envers products da tubac e cigarettas electronicas stgaudadas

Messadis impurtants

- HTPs e las cigarettas electronicas engrevgeschan l'aria da l'areal cun substanzas nuschaivlas sco cumbinaziuns organicas svapurantas, particlas ultrafinas e nicotin ed èn uschia in privel per la sanadad da terzas personas.
- L'exposiziun passiva e cun pums terzs po chaschunar effects da la via respiratorica ed ina registraziun sistematica dal nicotin, spezialmain en locals serrads.
- La conscienza publica è pitschna, quai che accentuescha la necessitad da dar scleriment e d'integrar quests products en directivas senza fim.
- Las directivas cumplexivas senza fim ston er cumpigliar las e-cigarettas ed ils HTPs, perquai che las ristgas da l'exposiziun na pon betg vegnir eliminadas sulettamain cun ventilar – in scumond en las localitads internas è indispensabel per proteger la sanadad publica.

Context

Schebain che l'exposiziun passiva è reconuschida sco nuschaivla per la sanadad visavi il fim da tubac tradiziunal (Lung Association, 2024), vegnan novas tecnologias da consegna da nicotin, sco e-cigarettas e products da tubac stgaudads (HTPs), savens proponidas sco alternativas «schubras». Malgrà questas pretensiuns cumprovan las enconuschientschas scientificas adina pli fitg che las emissiuns da tuts dus products cuntengan substanzas nuschaivlas che pon influenzar negativamain la qualidad da l'aria da las localitads e la sanadad dals preschents.

Products da tubac fimentads (HTPS)

Products da tubac stgaudads vegnan propagads sco alternativa pli sanadaivla a las cigarettas tradiziunalas, cunquai ch'il tubac vegn mo stgaudà e betg brischè. Products

sco IQOS laschan dentant liber substanzas nuschaivlas, tranter auter cumbinaziuns organicas svapurantas (COCs), hidrocarbons aromaticas policiclicas, monoxid carbonic e particlas ultrafinas che pegiureschan la qualidad da l'aria da l' stanza e mettan a disposiziun las substanzas toxicas circumdantas (Auer et al., 2017; Peruzzi et al., 2020). L'utilisaziun da products da tubac stgaurads en locals interns chaschuna concentraziuns pli autas da VOC e da particlas. Schebain che las emissiuns èn pli bassas che tar cigarettas tradiziunalas, po l'exposiziun passiva tuttina chaschunar in'halaziun da substanzas nuschaivlas, particularmain en locals serrads sco vehichels (Schober et al., 2019). Questas emissiuns èn ina ristga per la sanadad cumparegliabla cun quella da products da tubac convenziunals e pon chaschunar malsognas da la via respiratorica e malsognas dal cor e da la circulaziun tar nunfimadras e tar nunfimaders (Giongo et al., 2023; Znyk et al., 2021).

Cigarettas electronicas (vapes)

La vapur da cigarettas electronicas cuntegna ina maschaida complexa da substanzas nuschaivlas, tranter auter propilenglicol u glicerin, nicotin, substanzas aromaticas, cumbinaziuns organicas svapurantas, particlas ultrafinas, colliaziuns da carbon (p.ex. formaldehyd, acetaldhid), metals grevs ed in grond dumber dad aditivs (Grana et al., 2014; Kopa-Stojak & Pawliczak, 2024). Ultra da quai cuntegnan liquids da cigarettas electronicas substanzas aromaticas sco diacetyl (DA) e propionil (AP) – en cas d'inhalaziun – che vegnan messas en connex cun grevas malsognas da la via respiratorica sco la bronchiolitis obliteranta. Las concentraziuns cumprovas da questas substanzas surpassan savens las limitas da segirezza, quai che chaschuna ina contaminaziun da l'aria gravanta e ristgas da sanadad tant per las consumentas e per ils consuments sco er per las betg consumentas e per ils betg consuments (Farsalinos et al., 2015).

Studis cumprovan che er las nunfimadras ed ils nunfimaders respiran e recepeschan passivamain las substanzas or da las emissiuns da cigarettas electronicas (Su et al., 2021; Ballbè et al., 2014), quai che po chaschunar disturbis per la sanadad (Hess et al., 2016). Schizunt ina curta exposiziun po chaschunar reacziuns da la via respiratorica acutas sco inflammaziuns da la via respiratorica ed ina funcziun dal lom restrenschida (Tzortzi et al., 2018). Melstrom et al. (2018) han pudì cumprovar directamain che las nunfimadras ed ils nunfimaders pon recepir sistematicamain nicotin suenter ina curta exposiziun envers il fimar passiv dad e-cigarettas. Quai ha per consequenza in augment mesirabel da las concentraziuns da cotin en il serum, la spida e l'urin. Quest effect è stà spezialmain marcant tar in'exposiziun en proxima vischinanza.

Malgrà la pretensiun ch'ellas sajan in'alternativa netta engrevgeschan las cigarettas electronicas considerablament l'aria en stanza. Er l'exposiziun visavi «terz hand» è in problem, perquai che nicotin e nitrosamins specifics per il tubac (TSNAs) s'enritgeschan sin la surfatscha, sin textillas e sin la pulvra e pon ins cumprovar là er anc ditg suenter la fin da l'utilisaziun activa (Son et al., 2020). Schizunt en locals, nua che las emissions èn main fermas che tar il fim da cigarettas tradiziunal, na pon las ristgas da sanadad betg vegnir exclusas tras l'exposiziun cumulativa, en spezial per gruppas periclitadas (destaillats et al., 2020; Kopa-Stojak & Pawliczak, 2024).

Percepsiun publica e consequenzas politicas

Ludovichetti et al. (2024) e Campo et al. (2022) han constatà ch'ils privels dal fimar tradiziunal èn bain enconuschents per gronda part. La publicitad na sa dentant mo pauc davart ils ristgs en connex cun l'exposiziun passiva envers las cigarettas electronicas ed ils HTPs e na po er betg valitar endretg questas ristgas. Questa mancanza d'enconuschientscha suttastritga la necessitad da campagnas da scleriment sistematicas e l'integraziun da quests products en directivas cumplexsivas senza fim.

Conclusiun

Malgrà las pretensiuns dals producents, che las e-cigarettas ed ils products da tubac stgaurads sajan «alternativas nettas», cumprovan numerus studis che domaduas spezias da products fetschian liber substanzas nuschaivlas che pegiureschan la qualitat da l'aria en stanza e che donnegeschian la sanadad per las nunfimadras ed ils nunfimaders. Per proteger la sanadad da la populaziun, en spezial quella da las gruppas periclitadas, ston las regulaziuns cumplexsivas senza fim er cumpigliar las cigarettas electronicas ed ils products da tubac stgaurads e reglamentar pli sever la cumposiziun dals products sco er las emissions.

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