

Webinar: End Tobacco and e-cigarettes consumption through Lifestyle Interventions

The webinar, a joint action of the European Lifestyle Medicine Organization (ELMO) and the European Network for Smoking and Tobacco Prevention (ENSP), will offer practical answers to the lifestyle related questions:

- ✓ how can you avoid gaining weight if you decide to stop smoking
- ✓ is e-cigarette a healthy tool to replace the classical cigarette
- ✓ how can you explore the causes of smoking and eventually change the behavior of a smoker
- ✓ what is the situation of tobacco use in Turkey
- ✓ the importance of technology in lifestyle interventions

Moderator: Ioan Hanes, MD (Belgium)

9h00- 9h40

Nutrition and Smoking: *Anca Hancu, MD, PhD nutrition, Nutriscience clinic, lifestyle medicine center, Associate & Medical Director, Nutrition Researcher Carol Davila University of Medicine and Pharmacy, Bucharest, (Romania)*

On Agenda:

- nutrition for smokers
- weight gain threat and smoking cessation
- smoking cessation integrated in a lifestyle counseling
- COVID-19 challenges for smokers
- healthy lifestyle for smokers, non-smokers, ex-smokers

9h40-9h45 Break

9h45- 10h25

Modern technology for healthy lifestyle- an example of artificial intelligence-based tools for prediction and prevention of tobacco and alcohol relapse: *Krzysztof Przewozniak, PhD, medical sociologist with an extensive experience in public health and chronic diseases, governmental and international expert in public health policies and EU public health projects coordinator (Poland)*

On Agenda:

- current challenges in the prevention and treatment of tobacco and alcohol abuse

- new technology in changing society, markets, life and research paradigms and methods of intervention
- selected examples of healthy lifestyle interventions based on modern technology (focus on the prevention of tobacco and alcohol use)
- selected examples of mobile treatment of substance abuse powered by artificial intelligence (focus on the prediction of tobacco and alcohol relapse)

10h25- 10h30 Break

10h30- 11h10

E-cigarette, a repetitive mistake: *Prof. dr. Florin Mihaltan, Head of Pneumology Department Carol Davila University of Medicine and Pharmacy, Bucharest, President of Somnology Section, Romanian Pneumology Society, member of Romanian Medical Academy; Ancuta Constantin, MD, pneumologist, PhD candidate, Carol Davila University of Medicine and Pharmacy, Bucharest, (Romania)*

On Agenda:

- e-cigarette overview and history
- what is the tobacco industry doing in promoting e-cigarette
- the impact on adult and adolescent smoking behavior and risks
- the effect of e-cigarettes on passive smokers
- progress in legislation

11h10-11h15 Break

11h15-11h55

Changing trends in tobacco use in Turkey: *Kerem Nakay, 4th year medical student, Izmir University of Economics, Faculty of Medicine (Turkey)*

On Agenda:

- smoking bans in Turkey
- recent increase in smoking prevalence and cigarette sales
- recent surge in hookah use
- effects of the economic crisis on lifestyle and tobacco use

11h55-12h00 Break

12h00- 12h40

Motivational Interviewing in Smoking Cessation: *Ioan Hanes, MD, Certified Motivational Interviewing Trainer, Director of the European Lifestyle Medicine Certificate (Belgium)*

On Agenda:

- what is the motivational interviewing technique
- O.A.R.S. and stages of change
- the efficacy of technique in chronic diseases and behavior change
- practical case

12h40- 13h00 Closing conclusions

Coordinator of the webinar series:

Ioan Hanes, MD, Secretary General of the European Lifestyle Medicine Organization (ELMO)

Please contact the coordinator at hanesioan at yahoo.com if you have ideas about next topics or you would like to contribute as a Speaker in the next webinars with subjects related to lifestyle medicine.