



RICHARD H. CARMONA, M.D., M.P.H., FACS
17th Surgeon General of the United States (2002-2006)

The Honorable Bernard Parks
District 8
200 N. Spring St., Room 460
Los Angeles, CA 90012

Dear Councilmember Parks:

My name is Richard Carmona, and I served as the 17th Surgeon General of the United States. I write to ask for your personal support in *declining* to include electronic cigarettes in the City's smoking ban, which would prohibit their use wherever combustible tobacco cigarettes are prohibited. I am extremely concerned, as set forth below, that such an effort, if successful, could do tremendous harm to what is emerging as the most promising weapon yet in the fight against tobacco-related illness and death.

As we approach the 50th anniversary of the first Surgeon General's Report linking smoking and cancer, the plague of tobacco-caused death and disability still persists, killing over 430,000 Americans per year, while disabling millions more with preventable chronic diseases at a cost of hundreds of billions of dollars annually.

During my tenure as Surgeon General, my colleagues and I published reports detailing the preventable harm done by tobacco, spoke frequently to the public and to Congress about the catastrophic health damage caused by tobacco, and even participated as an expert witness in the federal government's case against the tobacco industry. I am particularly proud of my authorship of the 2006 Surgeon General's report on secondhand smoke, in which I wrote: "The debate is over. The science is clear: secondhand smoke is not a mere annoyance, but a serious health hazard that causes premature death and disease in children and non smoking adults."

Yet despite my actions and those of my predecessors like Surgeon General C. Everett Koop, high cigarette taxes, Food and Drug Administration (FDA)-approved smoking cessation therapies, and the best educational efforts by public health professionals, nearly 20% of the adult population and one-third of our military service members continue to smoke. The Centers for Disease Control (CDC) reports that adult smokers usually know they are engaged in harmful behavior and 69% would like to reduce or quit smoking. However, each year only 6% of smokers succeed in quitting, and new smokers replace those who successfully quit. The history and data suggest that we need more viable alternatives in this fight against tobacco.

I believe that one such alternative is the electronic cigarette. Despite their unfortunate name, electronic cigarettes are not actually cigarettes. They contain no tobacco but rather deliver nicotine without all of the toxic, carcinogenic, and other disease-causing products of tobacco combustion. (For example, they produce no carbon monoxide (a particularly

Testimony 17th U.S. Surgeon General

Vice Chairman
Canyon Ranch

Chief Executive Officer
Canyon Ranch Health

President
Canyon Ranch Institute

Distinguished Professor
Zuckerman College of Public Health
University of Arizona

lethal constituent of secondhand tobacco smoke) and produce no sidestream emissions (a source of 85% of secondhand tobacco smoke)). The published research suggests there may be a significant role for electronic cigarettes in tobacco harm reduction strategies, since they provide smokers both with the nicotine they crave and the smoking rituals that they have grown accustomed to. Respected Wall Street analysts have opined that, within a decade, electronic cigarette sales could overtake tobacco sales. I recently joined the board of NJOY, the leading independent electronic cigarette company, because its ambitions are even higher – to obsolete the tobacco cigarette entirely.

I recognize the good intentions behind the present effort to include electronic cigarettes in the City's smoking ban. However, I am extremely concerned that a well-intentioned but scientifically un-supported effort like the current proposal could constitute a giant step backward in the effort to defeat tobacco smoking. This regulation, if passed, would disincentivize smokers from switching to electronic cigarettes, since NJOY's research indicates that many initially switch for reasons of convenience. It would also send the unintended message to smokers that electronic cigarettes are as dangerous as tobacco smoking, with the result that many will simply continue to smoke their current toxic products. Legislative action that would keep smokers smoking would obviously have serious health consequences – and could cost lives. Worse still, it could lead to the adoption of similar ordinances in other cities, creating a domino effect that would further magnify the potential public health danger in this scientifically unsupported approach.

I will also observe that the concerns expressed about the possibilities that electronic cigarettes could addict non-smokers, condemning them to a lifetime struggle with nicotine addiction, echo concerns expressed about nicotine gums and patches when these first were introduced to the market. We have seen clearly, however, that such products did not have that affect. At the same time, while gums and patches have helped a small minority of smokers successfully quit smoking, it is clear to those of us have been engaged in this battle that we need more impactful solutions to the continuing problem of tobacco smoking, and that is where we see electronic cigarettes playing a central role.

I know that we all share the same vision of a world without tobacco related illness and disease. I fervently believe that to achieve that goal, we need to distinguish between the problem (tobacco smoking and tobacco secondhand smoke) and one extremely promising solution (electronic cigarettes). I strongly encourage you to resist calls to include electronic cigarettes in the City's smoking ban, which I believe would be a major step backward in the effort to achieve this aim. A decision rejecting this proposal would preserve the great legacy of this Council in the fight against tobacco.

Sincerely,

A handwritten signature in black ink that reads "Richard Carmona". The signature is written in a cursive, flowing style.

Richard Carmona, M.D., M.P.H. FACS
17th Surgeon General of the United States