



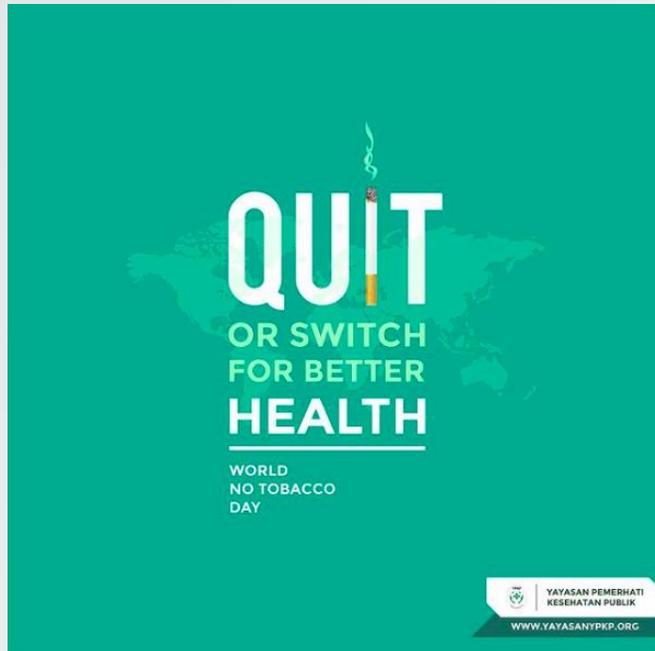
Harm Reduction: A New Concept & Best Practices



YPKP Indonesia

Yayasan Pemerhati Kesehatan Publik (Indonesia Public Health Observer Organization) is a non-profit organization that focuses on public health issues through research and advocacy. YPKP was founded in 2015 by Prof. Dr. drg. Achmad Syawqie, M.S., from the Faculty of Dentistry, University of Padjadjaran. Its vision is to increase public awareness of health problems to create a healthy public physically and spiritually, and its mission is to educate people in Indonesia through scientific studies, seminars, and other research methods to support people in Indonesia in making prevention and countermeasures for disease.

YPKP is committed to raising public awareness of health issues in Indonesia and disseminating knowledge based on scientific research to educate effective disease prevention measures and collaborate with the government to find solutions for health problems. Education on health through collective action efforts to society is a community service performed by YPKP to create a conscious society about health conditions and understand the dangers of infectious and non-communicable diseases.



Asia Harm Reduction Forum

In 2017, YPKP Indonesia hosted The 1st Asia Harm Reduction Forum (AHRF) 2017 as organizer to facilitate exchange of ideas among health practitioners, policy makers, academics, and consumers from across Asia in order to get a better understanding and find solutions for smokers addicted to cigarette by adopting tobacco harm reduction. This forum has objectives:

1. To disseminate knowledge from the global public health perspective about tobacco and nicotine harm reduction and to raise awareness and debate about the concept of harm reduction
2. To exchange ideas among participants on how best to move forward on the topics of harm reduction from scientific, public health, regulatory and social perspectives.

YPKP Indonesia understands that support from regulators and experts from across Asia who attended this AHR Forum is important to enable a better understanding and access to less harmful tobacco and nicotine products in our region



A forum designed to **facilitate exchange** of ideas among **health practitioners, policy makers, academics, and consumers** from across **Asia** on **tobacco harm reduction**.

08-09
NOVEMBER, 2017
Shangri-la Hotel, Jakarta

<p>The Search for Less Harmful Alternatives: Consumers' Perspective</p> <p>Topics: Who are the vapor users, size and development of vape markets, product origin and sales environment, how and what governments should do?</p>	<p>Tobacco Harm Reduction Landscape: Global and Asian Policy Perspective</p> <p>Topics: Latest international policy development, current policies in Asia and how they can/should evolve?</p>	<p>Validating the Science behind Tobacco Harm Reduction: Scientific Perspective</p> <p>Topics: What scientific research has been done specifically in Asia on tobacco harm reduction? What are your views on the science? What research questions remain?</p>
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Organized by:

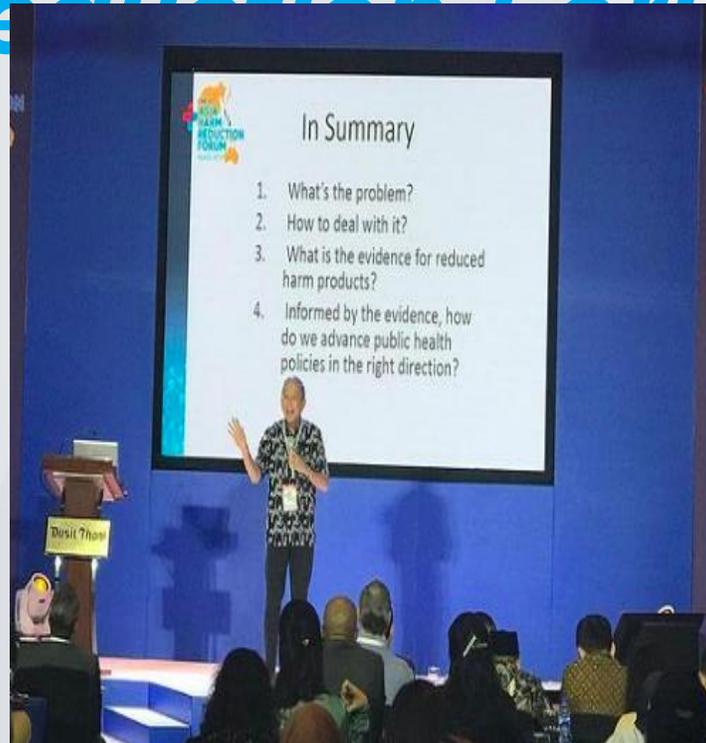


YAYASAN PEMERHATI KESEHATAN PUBLIK
INDONESIA'S PUBLIC HEALTH OBSERVER ORGANIZ. TIOB

The Milestone of Asia Harm Reduction Forum



Jakarta 2017



Manila 2018



Seoul 2019



The Concept of Harm Reduction

Harm Reduction is a public health strategy that aims to reduce the detrimental impacts of risky human actions, particularly substance use and sexual activities. It is a movement centered on the universal right to health, and a philosophy grounded on humanistic values

Definition of Harm Reduction according to the International Harm Reduction Association (2005):

“A set of strategies and practical ideas aimed at reducing the negative consequences associated with the use of drugs. And a movement for social justice built on trust in, and respect for, the rights of people who use drugs.”

Tobacco Harm Reduction

Public health strategies to reduce the health risks to individuals and society at large associated with the use of tobacco products.

It is a pragmatic approach to reducing the harm of smoking related diseases. People smoke because they are addicted to nicotine and seek a hit, but it is the other toxins in combusted tobacco (TAR) that cause most of the harm.

The Principle of Harm Reduction

Commitment to scientific evidence

Harm reduction implementation demonstrates practical, feasible, effective, safe and cost-effective interventions in a variety of social, cultural and economic settings

Commitment to social justice and human rights

The concept of harm reduction is rooted in a commitment to address discrimination and ensure that no one is excluded from health and social services

Stigma avoidance

Harm reduction implementation is committed to always showing respect and avoiding stigmatization of people who need help.

The Implementation of Harm Reduction



Helmet



Electric Car



Sugar



Salt



Renewable Energy



Reusable Plastic Bag



Alternative Tobacco Products

The Paradigm of Prohibitionist vs Reductionist

Zero Risk



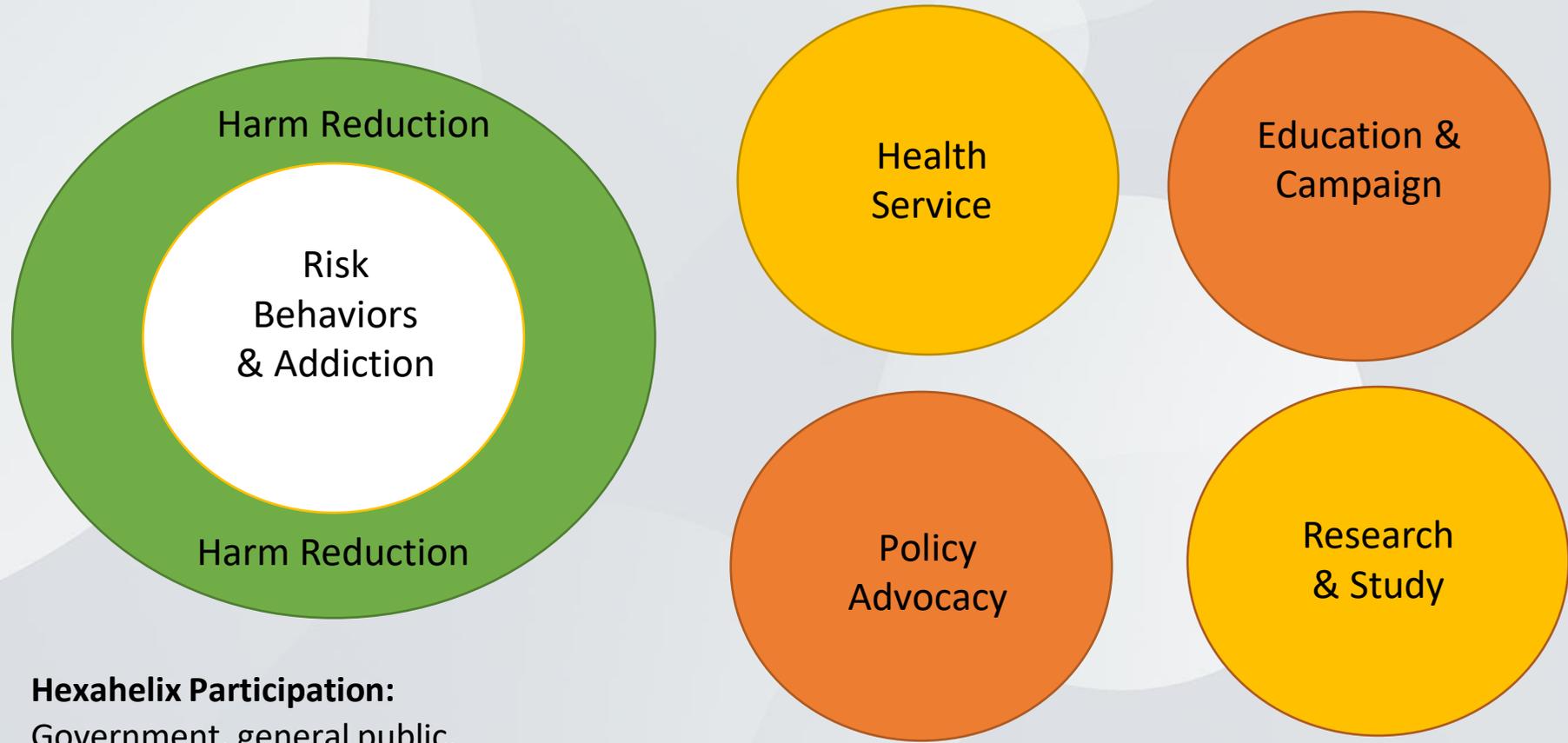
VS

Less Risk



Public Health

What we need to support Harm Reduction?



Hexahelix Participation:

Government, general public,
academicians/experts, media, business entities
and consumers

The Genotoxic Potential of Electronic Cigarettes on Micronucleus Count: A Preliminary Study

Purposes: The chemical content of liquid and vapors of electronic-cigarette/vape (a smoking simulation device) contain contaminants on a low scale, but the level is far below tobacco. The purpose of the current study was to assess the vape genotoxic potency by examining the micronucleus frequency count in buccal mucous smear preparations.

Methods: Fifty-five participants were recruited for this cross-sectional study. Of the 55 participants, 15 participants were those of vape smokers, 20 participants were tobacco smokers, and 20 participants were those who do not smoke at the time of study. Prior to sample collection, participants were asked to rinse twice by using a 0.9% NaCl (isotonic) solution. Samples were taken from the anterior and middle portion of the oral mucosa, from both sides of the cheek's mucosal surface. Samples were stained with May-Grünwald-Giemsa staining, and observed with a 400X magnification light microscope. Micronucleus was identified by using two investigative teams with experience in the exfoliated cells micronucleus assay. Data analysis was performed by using the Analysis of Variance (ANOVA) in SPSS.

The Genotoxic Potential of Electronic Cigarettes on Micronucleus Count: A Preliminary Study

Results: Result of the study showed that vape users exhibited lower amount of micronucleous and total micronucleus compared to smokers (positive controls) and even the frequency is below the non-vape-smokers (negative controls), indicating the safety of vape that likely too poses low carcinogenic stimuli on epithelial carcinogenic progression in the oral cavity. Further study is therefore, is of importance.

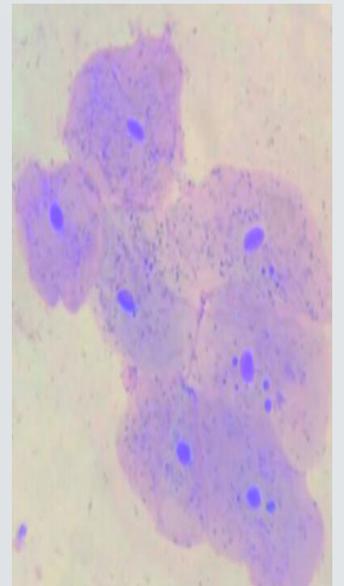
Clinical significance: The current study was one of the few studies that evaluated the genotoxic potential of electronic cigarette and used the micronucleus expression as a biomarker.



- Normal cell. Normal buccal oral epithelial cells, do not have a micronucleous. (May-grünwald– giemsa staining, digital high magnification and contrast corrections).



- Multinucleated cell. Multinucleated oral epithelial cell, with two micronucleous



- Normal and Multinucleated Cells. Normal epithelial cell without micronucleus (top left), and multinucleated cells (right) were seen