

Stopping Smoking: Real-World Considerations and Innovative Approaches

2026 Nicotine and Tobacco Science Conference

Tuesday, May 5th

National Law Enforcement Museum, Washington DC

All times Eastern

Happy Hour Kimpton Hotel Monaco 700 F St NW

5:00 - 6:30 pm

"Dirty Habits" Bar
Self-pay - food and drink
5 minute walk to seminar venue

Registration National Law Enforcement Museum, 444 E St NW

6:30 - 7:00 pm

Light refreshments will be served (coffee, tea)
After-hours museum access will be available

Seminar National Law Enforcement Museum, Verizon Theater

7:00 - 9:00 pm

David Levy "The expansion of smoking cessation treatment programs - how can we reach those over 35?"

Georgetown U. *While the smoking prevalence of those below age 35 has recently declined coinciding with increased e-cigarette use, smoking prevalence has remained relatively stagnant among those age 35 and above. More rigorous smoking cessation treatment policies for that age group can reduce smoking rates and the associated costs to society. A framework and some preliminary estimates will be presented regarding the expansion of cessation treatment programs, including the provision of e-cigarettes to replace cigarette use.*

Matt Johnson "Randomized controlled trial of the psychedelic drug psilocybin versus nicotine patch for smoking cessation"

Johns Hopkins *In this pilot randomized clinical trial, 42 participants randomized to receive psilocybin had more than 6 times greater odds of prolonged smoking abstinence 6 months after treatment than 40 participants who received the nicotine patch. Both groups received cognitive behavioural therapy. Insights for smoking cessation and opportunities for future studies will be discussed.*

Mohamadi Sarkar "The role of smoke-free products in smoking cessation"

Altria *This presentation will share real-world data on trends in product use patterns*

Jed Rose "Personalized and adaptive approaches for smoking cessation"

Rose Research Center *Interventions for stopping smoking offer trade-offs in ability to displace or blunt the effects of cigarettes, which include positive and negative reinforcement, psychological reward, aversiveness, and sensory enjoyment, and which are mediated through nicotine and non-nicotine elements of smoking. Established therapies, which include nicotine replacement therapies (NRTs), varenicline, and bupropion are being supplemented with a growing evidence base for cytisine and nicotine substitution products, with more rapid acting NRTs on the horizon, all of which are expanding individual choice. Determinants of efficacy can inform a personalized and adaptive approach to smoking cessation. This includes tailoring cessation treatment plans based on initial individual response, preference, and tolerability to first line interventions and considering second-line options (including evidence-based combination therapies) when needed.*

Conclusion Reactor Panel and Q&A