
Contents

	Page
Foreword	iii
Acknowledgments	ix
SECTION I. Invited Papers	
Chapter 1. Cigarette Testing and the Federal Trade Commission: A Historical Overview	1
Question-and-Answer Session	8
References	8
Chapter 2. Review of the Federal Trade Commission Method for Determining Cigarette Tar and Nicotine Yield	9
Question-and-Answer Session	12
References	14
Chapter 3. Changes in Cigarette Design and Composition Over Time and How They Influence the Yields of Smoke Constituents	15
Introduction	15
Background	15
Changes in Cigarette Design and Composition	18
Summary	31
Question-and-Answer Session	33
References	35
Acknowledgments	37
Chapter 4. Attitudes, Knowledge, and Beliefs About Low-Yield Cigarettes Among Adolescents and Adults	39
Introduction	39
Monitoring National Data	42
Survey Findings	43
Health Beliefs and Switching	47
Quitting Smoking	49
Discussion	51

Question-and-Answer Session	53
References	56
Chapter 5. Cigarette Smoke Components and Disease: Cigarette Smoke Is More Than a Triad of Tar, Nicotine, and Carbon Monoxide	59
Introduction	59
Mainstream Vs. Sidestream Cigarette Smoke	59
Major Health Effects of Cigarette Smoke	60
Cancer	61
Noncancerous Lung Diseases	62
Atherosclerotic Cardiovascular Diseases	63
Cigarette Smoking and Human Reproduction	65
Absolute Risk Vs. Relative Risk	66
Tar, Nicotine, Carbon Monoxide, and Other Smoke Constituents	66
Smoke Constituents, Cigarette-Related Disease, and Modified Labeling of Cigarettes	67
Question-and-Answer Session	70
References	72
Acknowledgment	75
Chapter 6. The Changing Cigarette and Disease Risk: Current Status of the Evidence	77
Introduction	77
Epidemiologic Evidence on the Changing Cigarette and Disease Risks	79
Conclusions	86
Question-and-Answer Session	87
References	91
Chapter 7. Biomarkers of Cigarette Smoking	93
Introduction	93
Use of Various Biomarkers	93
Nicotine Absorption From Cigarettes	93

Nicotine Content of Tobacco Vs. FTC Yield	95
Quantitating Nicotine Intake in Smokers	95
Cotinine Levels and Nicotine Intake	98
Ultralow-Yield Cigarettes	101
Nicotine Intake and Machine-Determined Yield	102
Carbon Monoxide and FTC Yield	104
Tar-to-Nicotine Ratio	104
Conclusions	106
Question-and-Answer Session	108
References	110
Acknowledgments	111
Chapter 8. Pharmacology and Markers: Nicotine Pharmacology and Addictive Effects	113
Introduction	113
Cigarette Smoking as Drug Dependence	113
Nicotine Delivery Systems	115
Nicotine's Effects	116
Smoking and Nicotine Dose	119
A Proposal for More Meaningful Cigarette Labeling	122
Question-and-Answer Session	122
References	124
Chapter 9. Consumer/Smoker Perceptions of Federal Trade Commission Tar Ratings	127
Introduction	127
Tar Level of Cigarettes	127
Knowledge of Advertised Tar Numbers	128
Smokers' Interpretations of Tar Numbers	130
Smokers' Use of Advertised Tar Numbers	132
Conclusions	132
Question-and-Answer Session	132
Reference	134

Chapter 10. Sensitivity of the Federal Trade Commission Test Method to Analytical Parameters	135
Introduction	135
Standard Machine Smoking	135
Influence of Smoking Parameters	137
Influence of Human Smoking Practices	141
Conclusions	149
Question-and-Answer Session	149
References	149
Acknowledgments	150
Chapter 11. Human Smoking Patterns	151
Introduction	151
How Do Humans Smoke?	151
Which Human Smoking Behaviors Determine Smoke Exposure?	152
Are Human Smoking Patterns Dynamic or Static?	153
Does the FTC Method Accurately Reflect Human Smoking Patterns?	154
Summary	156
Question-and-Answer Session	157
References	159
Chapter 12. Compensation for Nicotine by Smokers of Lower Yield Cigarettes	161
Background	161
Cigarette Brand Switching in Experimental Research	161
Research	162
One Repeated-Measures Study of Self-Selected Brand Switching	165
Smokers Can Get High Yields From the Lowest of the Low-Yield Cigarettes: More on the Issue of Vent Blocking	165
Graphic Information on Tar and Nicotine Yields: The Color-Matching Technique	166

Summary	168
Question-and-Answer Session	168
References	171
Chapter 13. Cigarette Design Technologies Reduce Smoke Yield and Expand Consumer Choices: The Role and Utility of the FTC Test Method	173
Background	173
Cigarette Design and Changes in the Cigarette Market	174
Utility of the FTC Test Method	176
Question-and-Answer Session	180
References	191
SECTION II. Transcript of Second-Day Discussion	193
SECTION III. Recommendations and Findings	239
SECTION IV. Overview of 1980 to 1994 Research Related to the Standard Federal Trade Commission Test Method for Cigarettes	249
Introduction	249
Parameters of the FTC Test Method and Current Smoking Patterns	250
Impact of Changing Parameters of the FTC Test Method on Absolute Yields of a Cigarette Brand and Relative Yields of Different Brands	252
Tar and Nicotine Yield by the FTC Test Method and Amounts Delivered to Smoker	253
Relative Yields of Different Brands by the FTC Test Method and Amount of Nicotine Absorbed by Smokers	257
Yield by the FTC Test Method and Absorption of Nicotine in Switchers	259
Yields by the FTC Test Method and Other Constituents Using FTC Puff Profile	270
Proposals To Change the FTC Test Method	273
References	273