

**The special feature in Shukan (weekly) Shincho asserts:
"Alzheimer's can be prevented by nicotine! Smokers' minds are
cleared up."**

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General incorporated association Japan Society for Tobacco Control
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In your 24 January 2019 issue, an article titled "Alzheimer's can be prevented by nicotine! Smokers' minds are cleared up" was published. However, its contents contradict the facts, and a conflict of interest existed in the research on which this claim was founded.

Previously, some scholars affiliated with the tobacco industry argued that nicotine prevents Alzheimer's disease without demonstrating relevant scientific results. More recently, multiple unaffiliated organizations have conducted research that has consistently shown that smoking tobacco instead increases the risk of Alzheimer's disease. One study found that smokers are 1.79 times more likely to contract Alzheimer's disease than non-smokers, or in other words, that smoking increases the incidence of Alzheimer's disease by almost 80%¹⁾.

The research experiments on which the Shukan Shincho article was based showed that rate of change in the ratio of stem cells to nerve cells slightly increased after mice were administered nicotine, but this is irrelevant to the onset mechanism of Alzheimer's disease, which is a *neuro-degenerative* disease.

Moreover, Emeritus Professor Yukio Yoneda, who carried out this research, received 12 million yen from the Smoking Science Research Foundation, which is financed and managed by tobacco companies like JT. Thus, neutrality was lacking and a conflict of interest existed.

In short, besides being medically inaccurate, the article was written with a conflict of interest. Smokers who read such articles will be deterred from quitting and thus will be more likely to contract smoking-related diseases, including Alzheimer's disease. We think that smokers should not be deceived in this way.

Therefore, we request the deletion of the aforementioned article and the prompt publication of the article "Smoking (nicotine) increases the risk of Alzheimer's disease" which is based on reliable medical evidence.

1) Anstey KJ, et al: Smoking as a risk factor for dementia and cognitive decline: a meta-analysis of prospective studies, *Am J Epidemiology*, 166(4): 367-378, 2007.

2) Teruo Ozama, Hiroshi Kiyohara, Prevalence and prevention of dementia in Japan, *Journal of Japan Society of Medical Hospital Management*, 2016 53, Vol. 2, No. 149-162,
https://www.jstage.jst.go.jp/article/jsha/53/2/53_149/pdf