

Menthol cigarettes found to be the most addictive

BY KEVIN MCKEEVER
GANNETT NEWS SERVICE

The cooling flavor of menthol cigarettes might make them more addictive and deadlier to smokers, according to a new study.

"We previously found that menthol cigarette smokers take in more nicotine and carbon monoxide per cigarette. This study shows that menthol smokers also find it harder to quit, despite smoking fewer cigarettes per day," said study author Kunal Gandhi, a researcher in the division of addiction psychiatry at the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School.

In the study, which examined almost 1,700 people attending a university-run tobacco addiction clinic, blacks and Latinos who smoked menthol

cigarettes had a notably harder time quitting than those smoking non-menthols. Blacks who smoked menthols, for example, had half the success in quitting as blacks using non-menthol cigarettes.

"These results build on growing evidence suggesting that menthol is

not a neutral flavoring in cigarettes. It masks the harshness of the nicotine and toxins, affects the way the cigarette is smoked, and makes it more deadly and addictive," said Jonathan Foulds, director of the university's Tobacco Dependence Program.

The findings were pub-

lished in the online edition of The International Journal of Clinical Practice.

CALENDAR

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Saturday, January 24 9 am-5 pm

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