

From "Stephen Helfer" <shelfer@gmail.com>
To "Jason Belmonte" <jbelmonte@doverma.gov>
Date 2025-05-12 15:24:35+00:00
Subject Re: PLEASE NO GENERATIONAL TOBACCO & NICOTINE
BAN

"Nicotine itself appears not to be harmful, except possibly during pregnancy and for people at risk for diabetes,"

[Dr. Neal L. Benowitz, a University of California addiction expert] said.

New York Times, December 29, 2008

Nicotine has been found to have potential benefits in preventing Parkinson's and Alzheimer's disease. Animal studies suggest that nicotine can protect against neuronal degeneration, improve motor abilities, and enhance cognition. Additional research indicates that nicotine may increase the processing speed of complex tasks in individuals with Parkinson's. Nicotine also has been shown to have a positive impact on memory by acting on brain regions involved in visual attention and attention processing. This is probably due to nicotine acting as a neuroprotector by stimulating the brain's cholinergic receptors.

Furthermore, nicotine has been shown to promote wakefulness by enhancing brain activity and inducing alpha brainwave activity. This leads to improved attention, alertness, and creativity. The drug also affects various brain areas related to arousal and motor activation. Animal and human trials have demonstrated that nicotine can promote weight loss by suppressing appetite.

R Street Institute, June 10, 2024

Jason,

Many thanks.

On Mon, May 12, 2025 at 8:39 AM Jason Belmonte <jbelmonte@doverma.gov> wrote:

Thanks Stephen. You are welcome to join us this evening if you would like to speak on the matter.

Jason Belmonte, R.S, CHO, CP-FS
Health Director
Town of Dover, MA
603-285-2915

On Sat, May 10, 2025 at 4:51 PM Stephen Helfer <shelfer@gmail.com> wrote:
To the Dover Board of Health, Selectmen, & Administrator:

On September 5, 2024 the FDA reported that teen smoking is at an all-time low & teen vaping is at a ten-year low. On January 16 of this year, the FDA authorized, "after extensive scientific review," 20 kinds of nicotine pouches for adults & announced that teen use remains low. If the tobacco industry is trying to attract youth, it is not succeeding.

Teens are not using these products & retailers are fined if they sell to persons under 21. A Generational Tobacco & Nicotine Ban will not affect youth--it will limit adult freedom.

Adults 21 & over in Massachusetts may use their judgment whether to consume alcohol & marijuana--both intoxicants. Shouldn't they be free to do so regarding tobacco & nicotine, which enhance cognition, memory.& motor skills, like driving?

The majority of stores selling nicotine & tobacco are owned by immigrants of color. A Generational Tobacco & Nicotine Ban would hurt and devalue their businesses.
Please do not enact this form of stealth prohibition.

Stephen Helfer
Cambridge Citizens for Smokers' Rights
(We receive no funds from any source whatsoever)

Cigarette smoking reached the lowest level ever recorded by the survey, with only 1.4% of students reporting current use in 2024.

FDA, October 17, 2024

<https://www.fda.gov/tobacco-products/ctp-newsroom/youth-tobacco-product-use-25-year-low-yet-disparities-persist>

“Youth E-Cigarette Use Drops to Lowest Level in a Decade: Youth Use of Nicotine Pouches Remains Low”

FDA, Sept 5, 2024

<https://www.fda.gov/news-events/press-announcements/youth-e-cigarette-use-drops-lowest-level-decade>