



SMOKING CESSATION

DEATH IN OLD AGE IS
INEVITABLE,
BUT DEATH BEFORE OLD AGE
IS NOT

Sir Richard Peto, 2006



THE RISK IS BIG

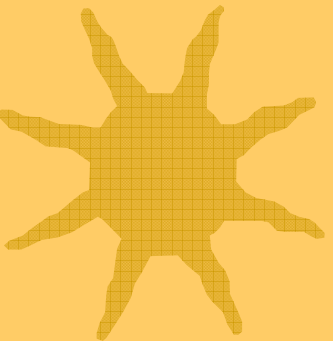
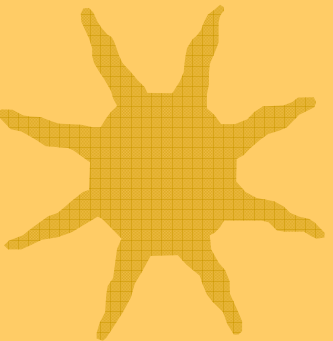
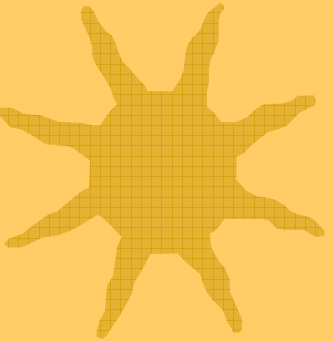
- ★ ABOUT HALF OF SMOKERS ARE KILLED
- ★ THOSE KILLED IN MIDDLE AGE LOSE 10, 20, 30 OR MORE GODD YEARS

www.deathsfromsmoking.net



STOPPING SMOKING WORKS

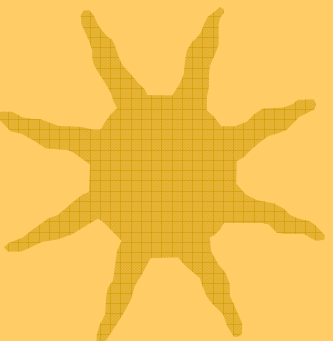
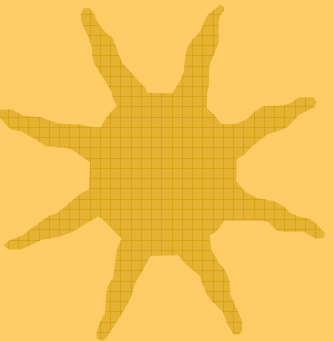
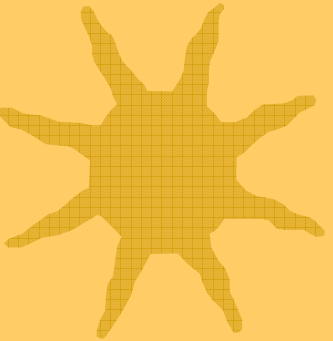
- ★ EVEN IN EARLY MIDDLE AGE (40y)
THOSE WHO STOP, AVOID MOST OF
THEIR RISK OF BEING KILLED BY
TOBACCO
- ★ STOPPING BEFORE MIDDLE AGE
WORKS EVEN BETTER





IMMIDIATE CHANGES

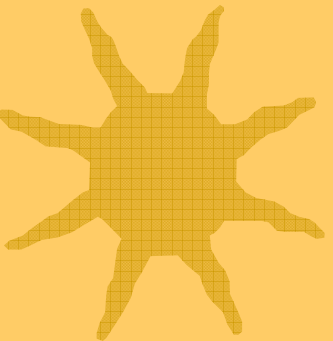
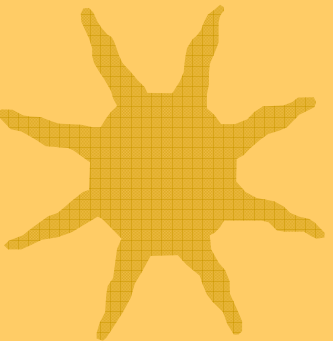
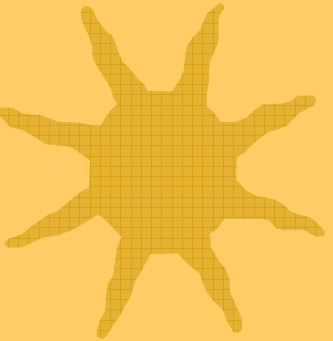
- ★ WITHIN 20 - 30 MINUTES:
- ★ THE BLOOD PRESURE AND HEART RATE DROP TO THE REST VALUES
- ★ THE SKIN TEMPERATURE (LEGS) RAISES BY 2° C





SHORT-TERM CHANGES

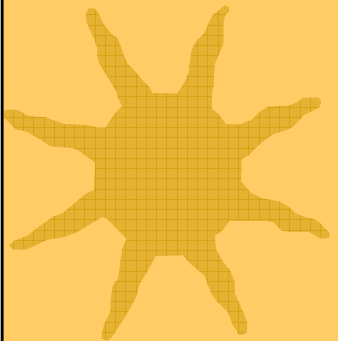
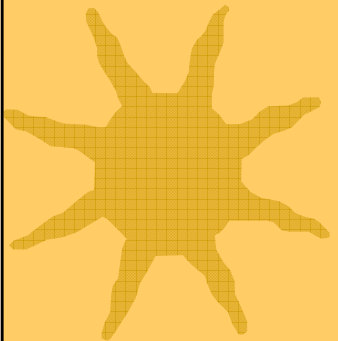
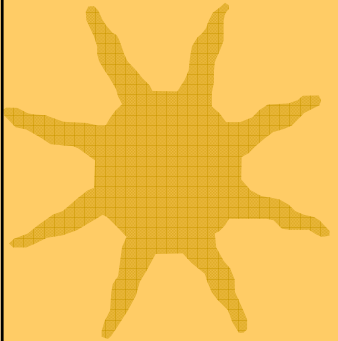
- ★ WITHIN 6 – 8 HOURS
- ★ COHb LEVELS WILL DROP TO THE NORMAL VALUES (< 1%)
- ★ WITHIN 72 HOURS
- ★ PULMONARY FUNCTIONS WILL IMPROVE (MAXIMAL EXPIRATION)





MIDDLE-TERM CHANGES

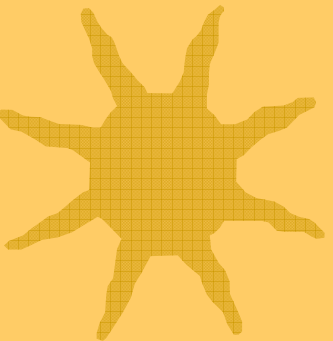
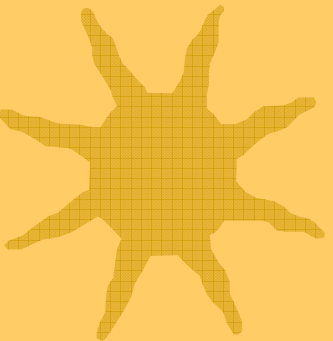
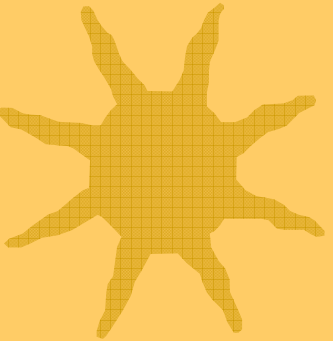
- ★ WITHIN 2 MONTHS
- ★ MALE SPERM DAMAGES CAUSED BY SMOKING WILL BE REPAIRED
- ★ WITHIN THE 1st TRIMESTER
- ★ THE RISK OF PREGNANCY PROBLEMS AND FETUS POOR DEVELOPMENT WILL DECREASED





MIDDLE-TERM CHANGES

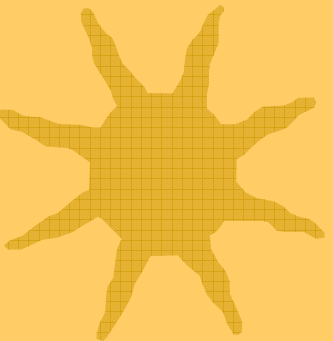
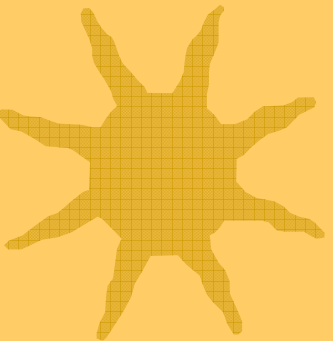
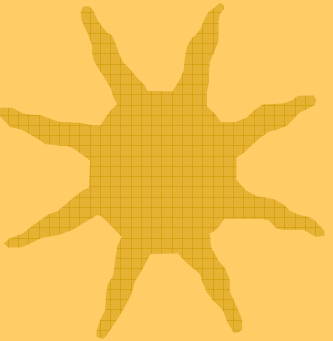
- ★ WITHIN 1st YEAR
- ★ THE BLOOD LIPID PROFILE WILL BE IMPROVED,
- ★ THE PARAMETERS OF HEMO-COAGULATION WILL BE IMPROVED
- ★ THE RISK OF AC. CARDIAC ISCHEMY WILL BE DROPPED





LONG-TERM CHANGES

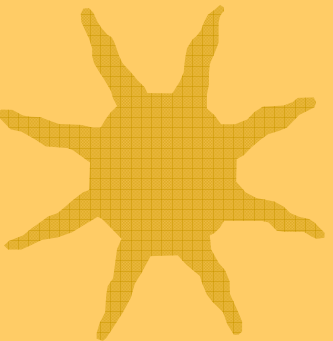
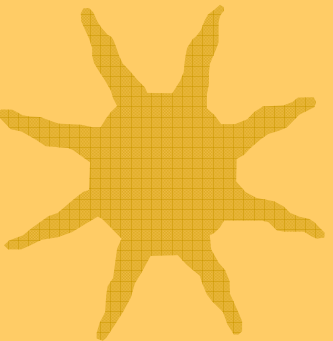
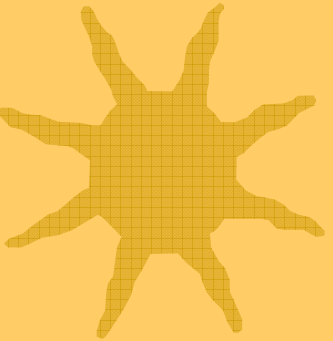
- ★ WITHIN 5 YEARS
- ★ THE RISK OF CVD DEATH WILL BE SIMILAR AS FOR NEVER-SMOKERS
- ★ THE RISK OF SMOKING-RELATED CANCERS WILL START THE DECREASED TRENDS





LONG-TERM CHANGES

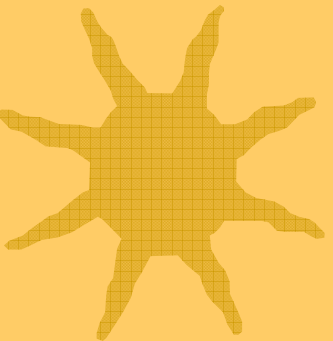
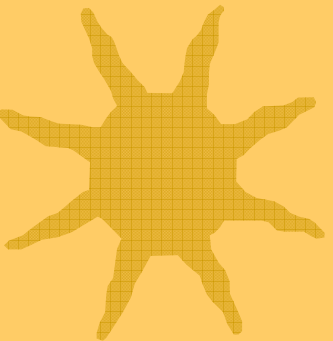
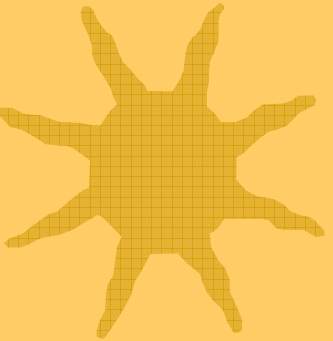
- ★ WITHIN 10 – 20 YEARS
- ★ THE RISKS OF SMOKING-RELATED CANCER'S DEATH WILL BE SUBSTANTIALLY DECREASED, ALMOST TO THE LEVELS FOR NEVER SMOKERS





CONCLUSIONS

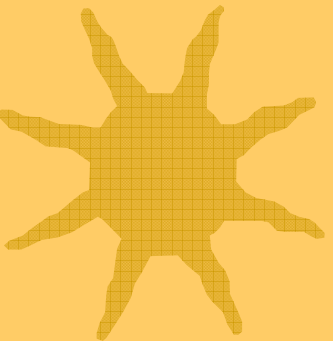
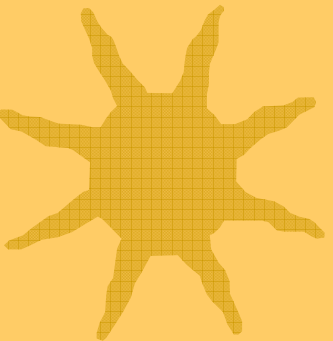
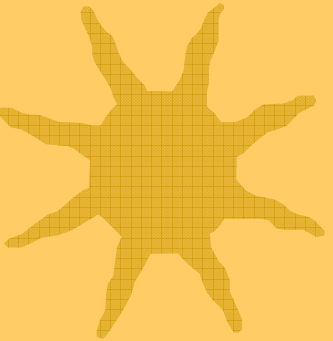
- ★ THE RISK IS BIG
- ★ STOPPING SMOKING WORKS:
EFFECTIVE SUPPORT OF SMOKING
CESSATION WILL CHANGE THE
DEATH EPIDEMY WITHIN 10-20
YEARS





BUT

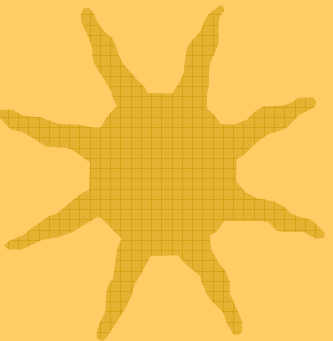
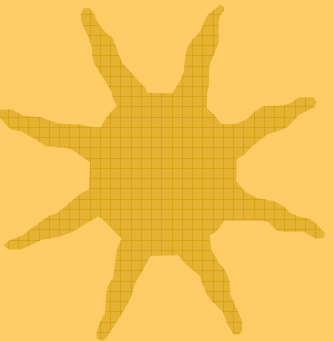
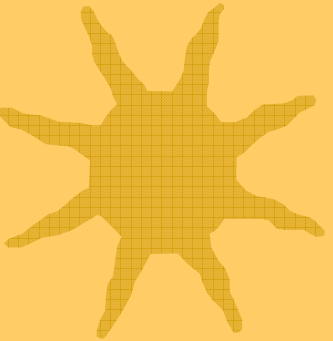
-
- ★ SMOKING IS HIGHLY DEPENDENT DISEASE – Dg. F 17
 - ★ BOTH PHARMACOLOGIC/PHYSICAL
 - ★ AND BEHAVIORAL ADDICTION





TOLERABILITY

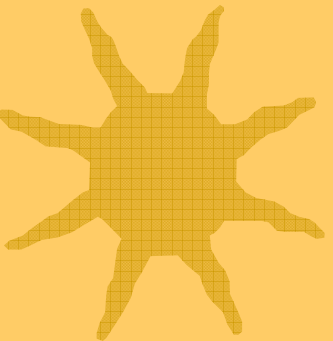
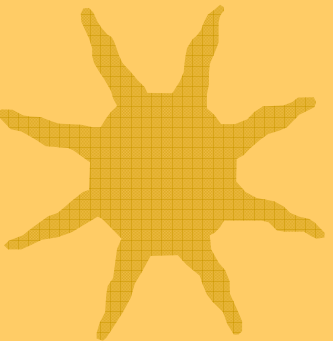
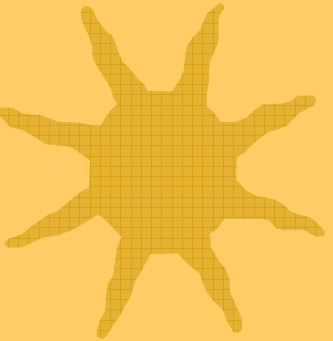
- ★ THE SAME DOSIS CAUSES LOWER EFFECTS =
- ★ FOR THE SAME EFFECTS THE INCREASED DOSIS IS NECESSARY





WITHDRAWAL SYMPTOMS

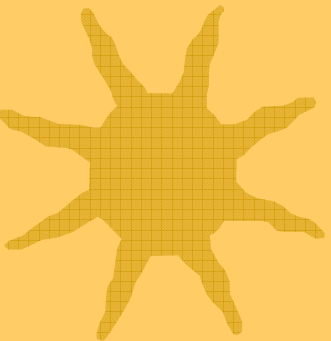
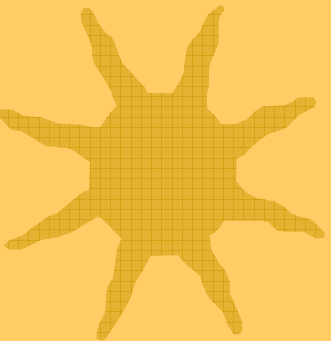
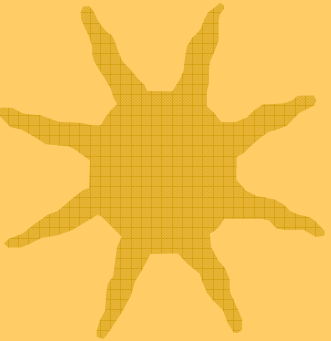
- ★ EXCITABILITY, NERVOUS, STRESSED
- ★ ATTENTION DISABILITY
- ★ COGNITIVE PROBLEMS
- ★ DEPRESSION
- ★ ANXIETY





WITHDRAWAL SYMPTOMS

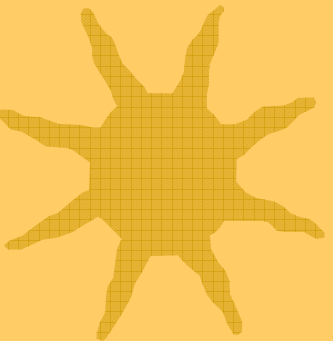
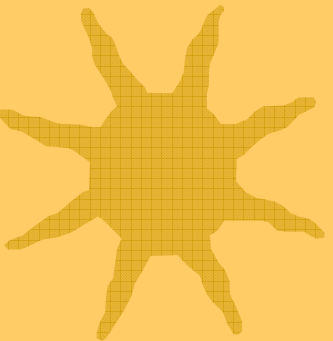
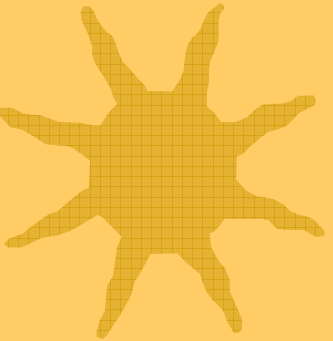
- ★ POORER WEIGHT CONTROL -> OVERWEIGHT
- ★ EXPECTORATION
- ★ CONSTIPATION





WS – TIMING

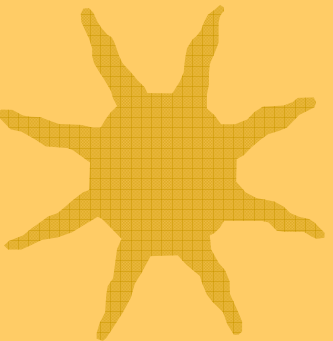
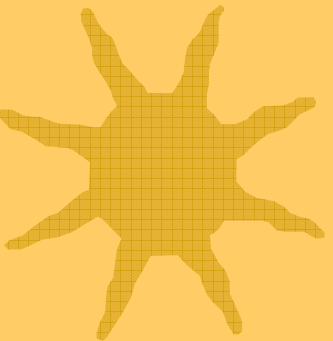
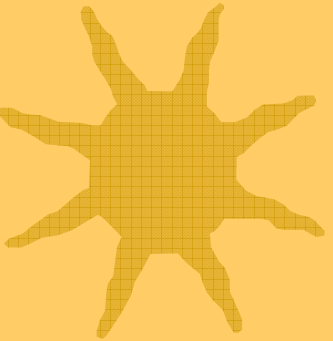
- ★ WITHIN 2 HOURS AFTER THE LAST CIGARETTE
- ★ WAVES WITH DIFFERENT FREQUENCY AND POWERTY
- ★ SEVERAL DAYS – WEEKS – MONTHS - YEARS





WS - CAUSES

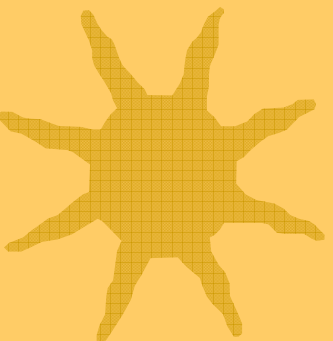
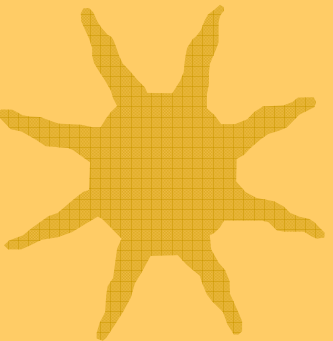
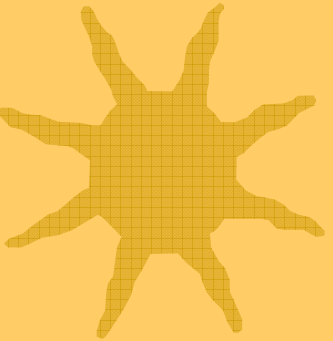
- ★ LACK OF NICOTINE
- ★ LACK OF SOCIAL CONTACTS
- ★ CRAVING FOR SMOKING
- ★ INCREASED FOOD INTAKE
- ★ DECREASED BASAL METABOLISM





WITHDRAWAL SYMPTOMS

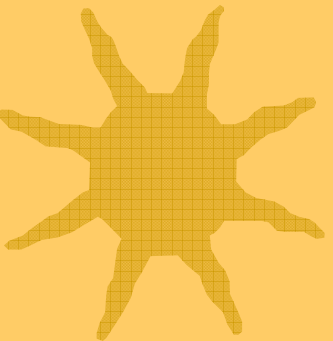
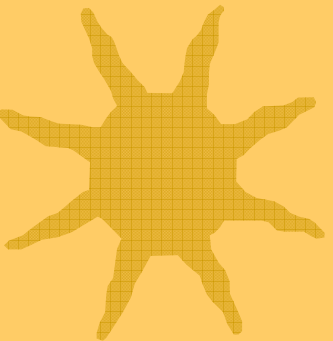
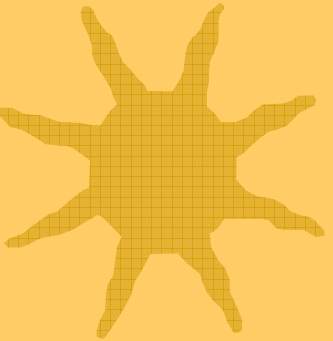
- ★ ARE NOT HARMFUL FOR HEALTH
- ★ ARE THE MANIFESTATION OF THE DRUG ELIMINATION
- ★ ARE THE MOST FREQUENT CAUSE OF RELAPS





WHAT TO DO?

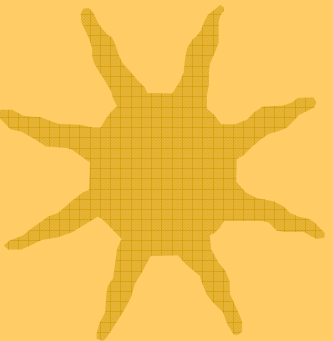
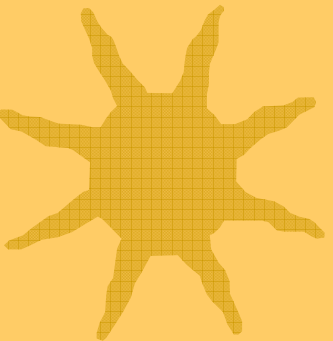
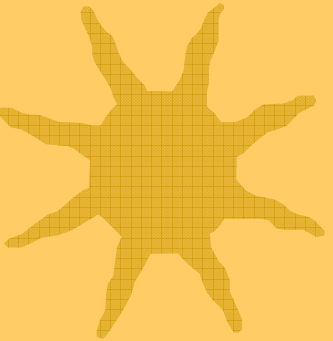
- ★ KEEPING SMOKERS' RIGHTS:
 - TO BE INFORMED ABOUT HAZARD
 - TO BE AVOIDED FROM RISK SITUATIONS
 - TO BE MOTIVATED TO DECISION
 - TO BE SUPPORTED IN THEIR EFFORT TO STOP SMOKE





WHAT IS THE BEST WAY?

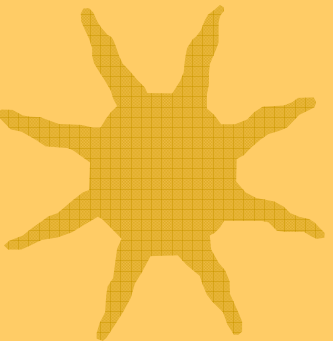
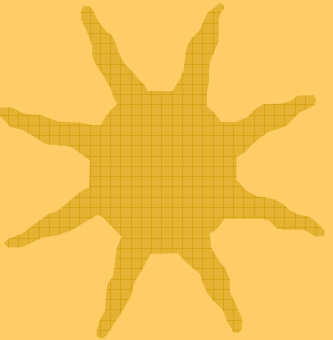
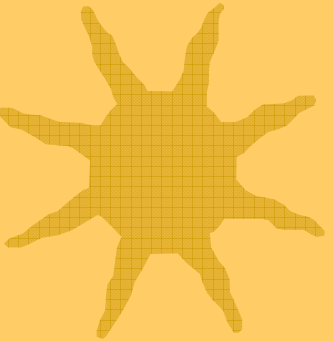
- ★ THE „4A“ PROGRAMME:
 1. ASK
 2. ADVICE
 3. ASSIST
 4. ARRANGE FOLLOW-UP





1. ASK EVERY PATIENT:

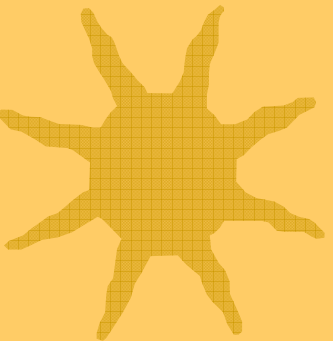
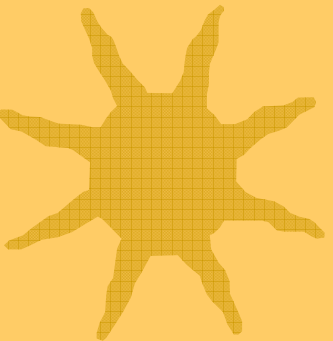
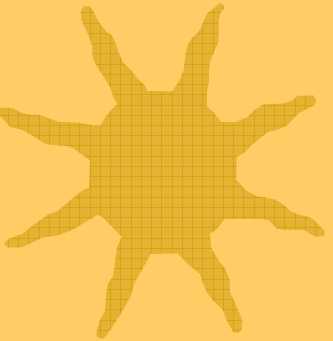
- ★ DO YOU SMOKE?
- ★ HOW MUCH CIGARETTES DAILY?
- ★ HOW MANY YEARS?
- ★ AT WHICH AGE DID YOU START?
- ★ AT WHICH MORNING TIME DO YOU LIGHT YOUR FIRST CIGARETTE?
- ★ WOULD YOU LIKE TO STOP?
- ★ HAVE YOU SOME EXPERIENCES WITH STOPPING?





1A: CONGRATULATION

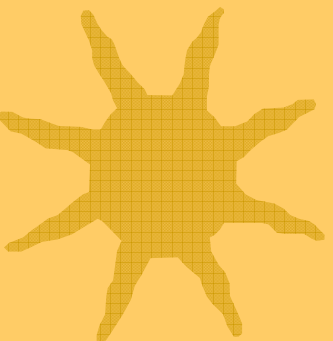
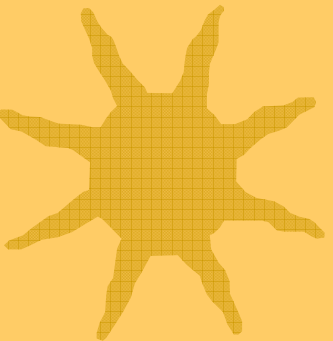
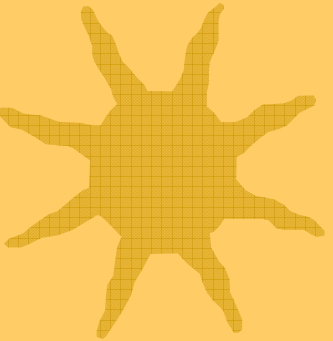
- ★ TO EVERYBODY WHO:
- ★ HAS NEVER SMOKE,
- ★ HAS STOPPED TO SMOKE:
 - ASK HIM/HER ABOUT PROBLEMS,
 - SUPPORT HIS/HER EFFORT TO BE NON-SMOKER





2. *ADVICE*

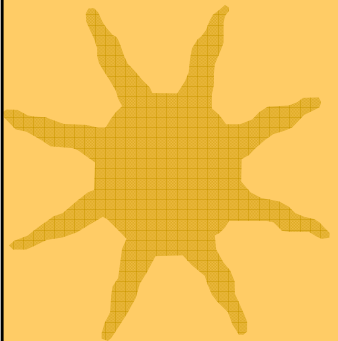
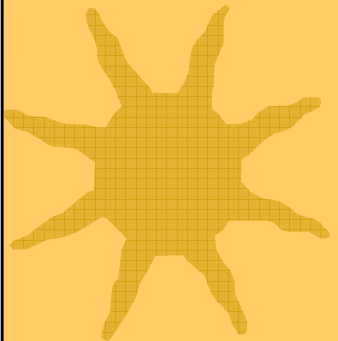
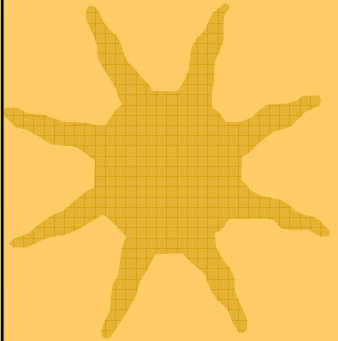
- ★ TO EVERY SMOKE TO STOP, because
- ★ FAMILY HISTORY (HEREDITARY VULNERABILITY)
- ★ SMOKER'S HEALTH HISTORY
- ★ CURRENT HEALTH STATUS
- ★ SOCIAL IMAGE, MODEL ROLE
- ★ HIS/HER CHILDREN HEALTH





ADVICE IS ESSENTIAL

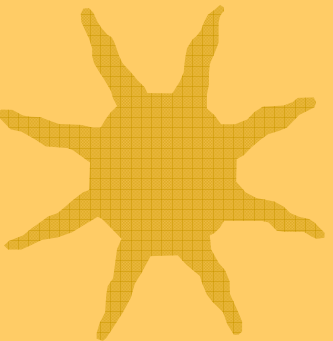
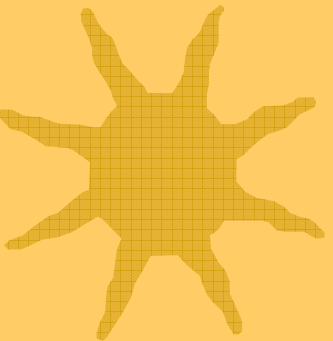
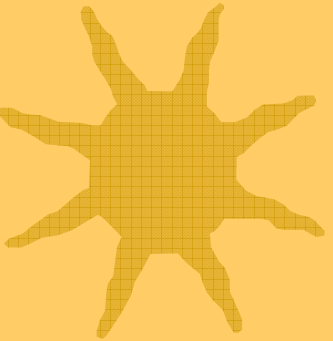
- ★ PEOPLE KNOW THE SMOKING HAZARD IN GENERAL
- ★ PEOPLE FEEL PERSONAL IMMUNITY AGAINST THE DAMAGES
- ★ SUCH FEELINGS ARE FALSE, ERROR AND VERY DANGEROUS





SUPPORT OF ADVICE

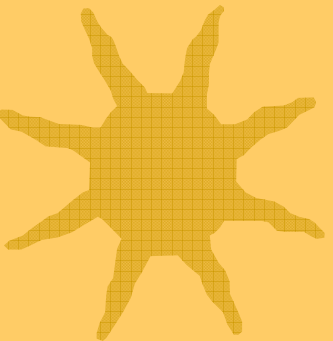
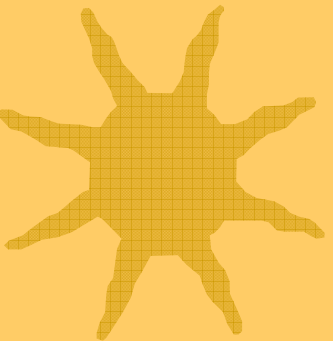
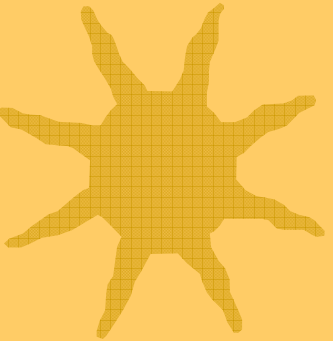
- ★ USE THE BOOKLETS, LEAFLETS, PICTURES, ...
- ★ FOR TARGET POPULATION OF SMOKERS (CHILDREN, TEENAGERS, PREGNANT WOMEN, WORKERS, MINORS, SENIORS...)
- ★ RECOMMEND THE SPECIAL OFFICE





3. *ASSIST WITH THE START*

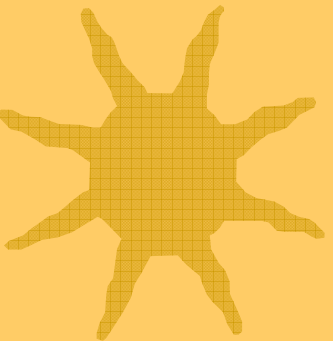
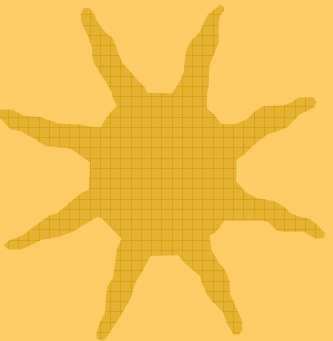
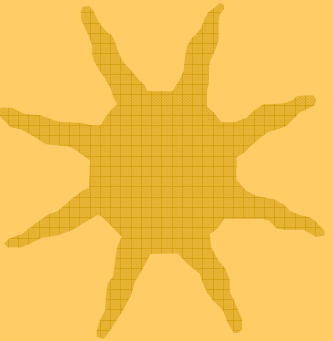
- ★ ASSESSMENT OF DEPENDENCE -> THINKING ABOUT TREATMENT
- ★ CHOICE THE STRONGEST MOTIVE
- ★ CHOICE A DAY „D“
- ★ EVALUATE THE RISK SITUATIONS:
„TO KILL TIME“, „PLEASURE“,
„STRESS“





ASSIST - continue

- ★ CHOICE THE REPLACEMENT IN THE RISK SITUATIONS: WHAT TO DO WITHOUT CIGARETTE?
- ★ THE DIFFICULT AVAILABILITY
- ★ CHANGE THE ATTITUDES: CIGARETTE IS NOT A FRIEND, BUT THE WORST ENEMY





MEDICAL SUPPORT - NRT

★ CHEWING GUMS:

- NICORETTE – 2, 4 mg: RULES FOR RIGHT CHEWING

★ PATCHES:

- NICORETTE – 16 hours – 5, 10, 15 mg
- NIQUITINE – 24 hours – 7, 14, 21 mg

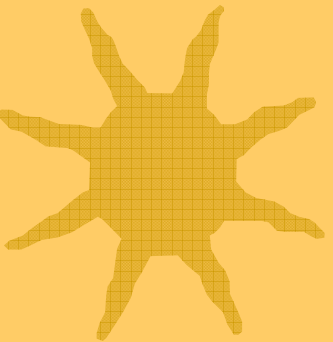
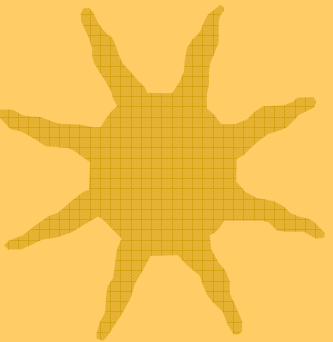
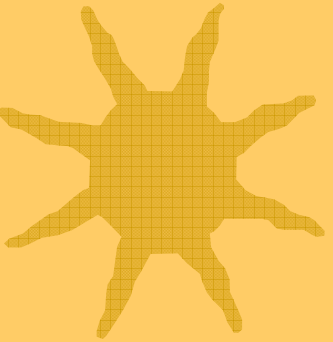


NRT - continue

★ INHALATORS

★ SUBLINGUAL TABLETS

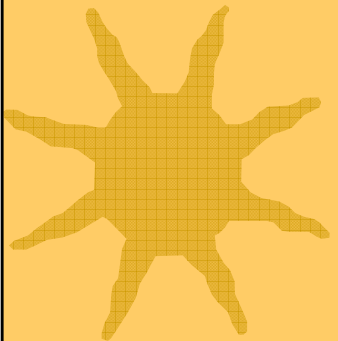
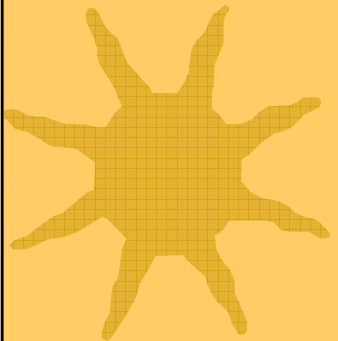
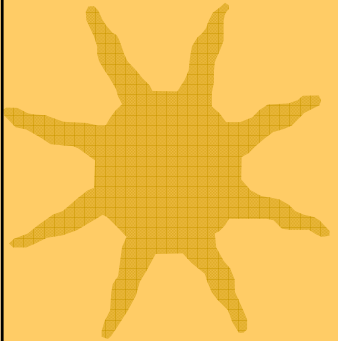
★ (NASAL SPREY)





SAFETY AND HAZARD

- ★ DECREASED WITHDRAWAL SY.
- ★ SLOW RELEASE OF NICOTINE WITHOUT VASOCONSTRICTION
- ★ CROSS PLACENTAL BARRIERE
- ★ ANTENATAL ACTIVATION nAChRs -> NEUROTERRATOGENIC EFFECTS
- ★ MULTIPLE CARCINOGENICITY

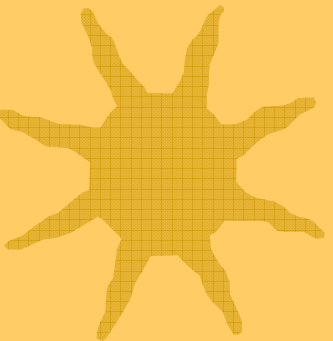
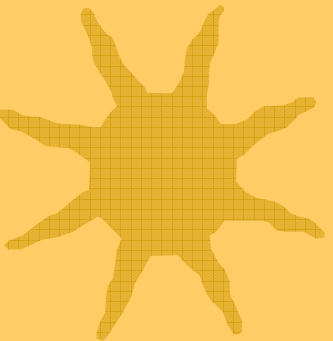
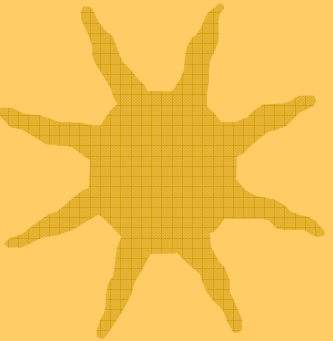




BUPROPION

★ ANTIDEPRESSIVE DRUGS:
ZYBAN, WELLBUTRINE

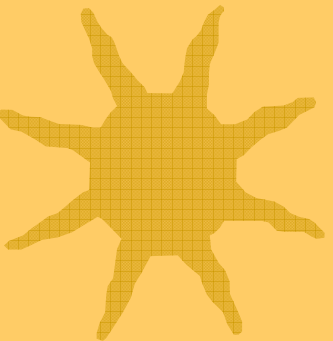
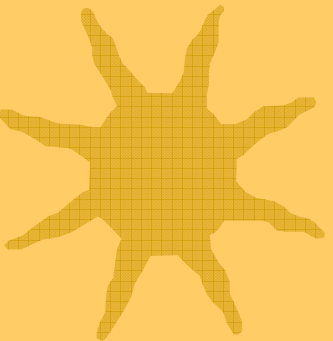
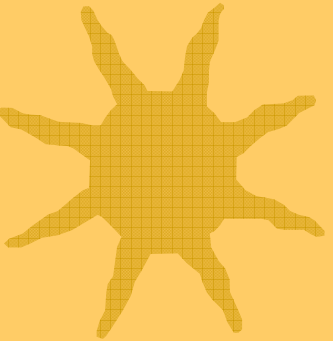
★ COMBINATION WITH NRT





VARENICLINE - CHAMPIX

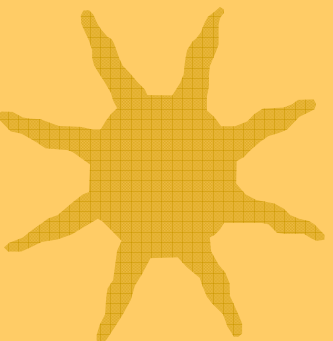
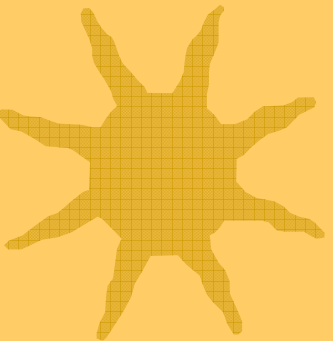
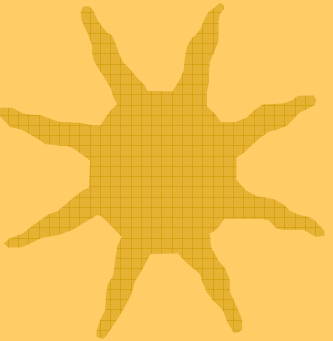
- ★ AGONIST OF NICOTINE:
 - ★ - > RELEASE OF DOPAMINE - >
 - ★ - > CIGARETTE IS NOT SOURCE OF PLEASURE
- AFTER UNSUCCESSFUL ATTEMPT(s),
ONE WEEK BEFORE STOPPING





CONTRAINDICATIONS

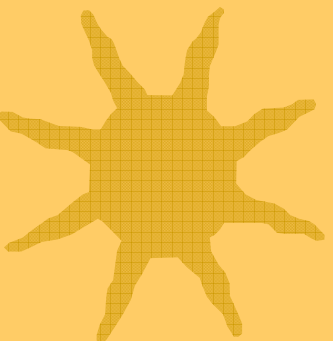
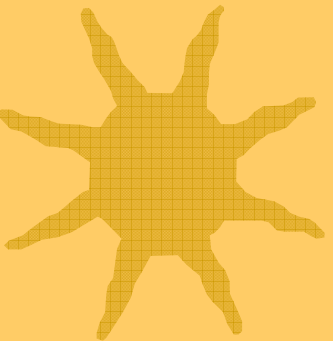
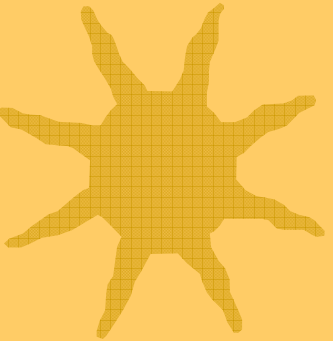
- ★ PREGNANCY AND LACTATION – NO EXPERIENCES YET
- ★ CHILDREN, ADOLESCENTS – NO EXPERIENCES YET





VACCINATION

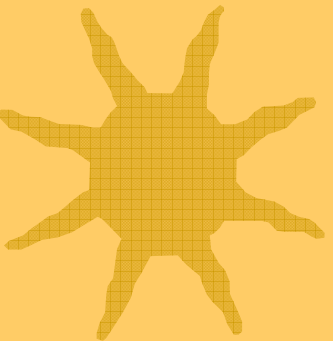
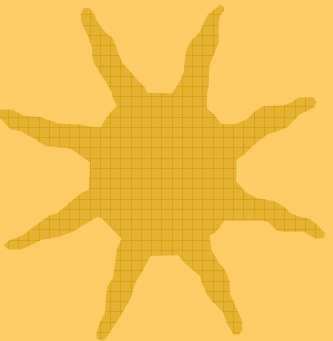
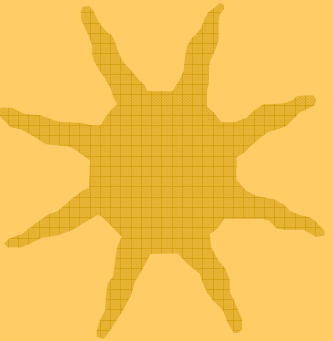
- ★ AFTER UNSUCCESSFUL ATTEMPTS:
THE HIGH-MOLECULAR COMPLEX
- ★ OF NICOTINE + ANTIBODIES = >
- ★ IMPOSSIBILITY TO REACH THE
BRAIN





4. *ARRANGE FOLLOW-UP*

- ★ RELAPS MAY BE STRESSFUL FOR SMOKER
- ★ REPEATED ENHANCE OF SMOKER'S RECENT MOTIVATION TO STOP
- ★ BETTER ARRANGEMENT





CONCLUSION

- ★ THE RISK IS BIG
- ★ STOPPING SMOKING WORKS
- ★ THE EARLIER START OF STOPPING, THE BETTER RESULTS
 - FOR SMOKER
 - FOR SMOKER'S RELATIVES
 - FOR THE WHOLE SOCIETY
- ★ NOT FOR THE TOBACCO COMPANIES

