

Smoking cessation

A target with a lit cigarette in the bullseye and the word 'STOP' at the top. The target is white with a black bullseye and a black ring. The word 'STOP' is written in black capital letters at the top of the target. A lit cigarette is positioned horizontally across the target, with its tip in the center of the bullseye. The cigarette has a white filter and a brown end. A wisp of white smoke rises from the tip of the cigarette. The background is black.

The best is STOP NOW!

„ People do not like smoking at all, but they cannot stop to do it.“

Their disease has the international code

F 17

Who is a smoker (S)?

- **Current regular S.** – at least 1 cigarette daily
- **Occasional S.** - less than 1 cigarette daily
- **Former S.** – does not smoke now, during lifelong smoked more than 100 cigarettes
- **Never S.** – does not smoke now, during lifelong smoked less than 100 cigarettes
- Similar rules are for smoking of pipe, water pipe, cigar, e-cigarettes, heated-not burn tobacco

How to evaluate the dependence?

Fagerström's questionnaire is the most often method (6 very simple questions, 10 penalty marks)

For a brief orientation: history of smoking

- How many cigarettes daily? < 15 > (light x heavy S.)
- At which age did you start to smoke daily?
- When do you light your first cigarette after waking-up?
< 30 min >

ATTENTION! Answers must include also using water pipes and e-cigarettes

Why to stop smoke?

- **PHYSICIAN'S BASIC DUTY IS ADVICE and MOTIVATE TO STOPPING SMOKING**
- * **PERSONIFICATION THE PATIENT'S INDIVIDUAL RISK**
- Health reasons: (hereditary vulnerability for serious diseases, current health status, better condition, breathing, less respiratory infections, better sexual functions – men, healthy pregnancy, better health for newborns and children)
- Beauty (white teeth, face without wrinkles, smell)
- Social reasons (partner, children, job, economy)

Stopping smoking works

- Within 20 min – decreasing of HR and BP
- Within 8 hours – CO elimination, decreasing COHb levels to 1%
- Within 72 hours – better lung functions (FEV1)
- Within 1st y: risk of ac. CVD decreases signific.
- After 5 y: the CVD risk as for never S.
- After 10 -15y: oncological risk similar to never S.

Recommendations

- Make the reasons „FOR and ANTI“
- Choose Day D
- Establish strong personal motivation
- Adopt breathing methods, exercises
- Change stereotypical situations
- Seek for family/friends support
- Think and plan reward

Withdrawal symptoms

- craving
- Bad mood, depression, excitation, aggressivity, angry, anxiety
- Sleep disturbance, headache
- Increased appetite
- Problems with attention and copy with stress

Remember

- Craving disappears within 20 seconds
- Levels and frequency of withdrawal symptoms continually decrease
- Ask for support and help
- Smoking cannot remove your crisis, but enlarges it!

Drugs for support

- AFTER THE PSYCHOLOGICAL MOTIVATION
- * Nicotine replacement therapy: (chewing gums, sticks, spray, inhalator, subling. tablets)
- BUPROPION (Zyban, Welbutrin) – antidepressant
- VARENIKLIN (Champix) – nicotine antagonist
- ALTERNATIVE (yoga, acupuncture, hypnosis) – effects like placebo

E-cigarety , IQOS ???

They are not drugs, but another forms of tobacco products.

Evaluation of effects

- Time of abstinence at least 1 year
- Only 2% of smokers are able to stop without help
- * Physician's participation is essential due to personification of the risk

Better behavioral treatment

- Needs psychosocial approach by
- Educated specialist
- Advisory offices, Centers

The health professionals use 5A Programme

- **Ask** – smoking history
- **Advise** – STOP SMOKE, because....
- **Assess** – the level of dependence, willing for change
- **Assist** – motivation, preparation, drugs
- **Arrange follow up** – support, seek for relaps, restart the proces of cessation

Centers in Brno

- Clinic of respiratory dis. and TBC, FH Brno – Bohunice
- Int. Cardiology FH Brno – Bohunice
- 1st. Int. Cardiology FH FNUSA
- Masaryk's Oncology Institute – Bakešův pavilon

When smoker does not stop...

Recommend to increase the intake of antioxidants and trace elements:

- vitamin E, C
- selen
- manganese
- zinc
- Extracts from Ginko biloba

For more informations:

- <http://www.kurakovaplice.cz>
- <http://www.odvykani-koureni.cz>
- [http://www.dokurte.cz/download/doporuce
ni_pro_lecbu_zavislosti_na_tabaku.pdf](http://www.dokurte.cz/download/doporuce
ni_pro_lecbu_zavislosti_na_tabaku.pdf)
- <http://slzt.cz/odborna-doporuceni>
- <http://www.stop-koureni.cz>