

The 13th World Conference on Tobacco OR

Health*Building capacity for a tobacco-free world* July 12-15, 2006, Washington, DC, USA

Friday, 14 July 2006 - 12:00 PM

102-390

Characteristics of the smokers who participated in a smoking cessation campaign in São Paulo-Brazil

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Every year, the Heart Institute (INCOR), promotes the “World No-Tobacco Day” in São Paulo. Objective: In 2005, the aim of this health counseling campaign was to encourage smokers to quit and also identify their characteristics. Methods: The campaign was performed in six different places in São Paulo city, in order to achieve smokers from different neighborhoods. We analyzed age, gender, nicotine dependence score, cigarette consumption, carbon monoxide level in expired air, years of tobacco use, ownership of a medical insurance, presence of tobacco related illness; presence of others smokers in the household, motivation to quit; number of attempts to quit before. Results: We evaluated 3864 smokers, with $41,07 \pm 13,06$ years old; 51,6% male and 48,4% female; Fagerstron score of $5,11 \pm 2,55$; according to cigarettes consumption: 28,2 % smokes 1 to 10, 42,5% smokes 11 to 20, 19,2% smokes 21-30 and 10,2% smokes more than 30 cigarettes/day; CO of $31 \pm 20,78$ ppm; history of $22,09 \pm 12,63$ years of tobacco use; 59,6% have not medical insurance; 85% have not tobacco related illness; 50,8% live with others smokers; 85,3% are motivated to quit and 61,8% are willing to quit in the next 30 days; 58,8 % have tried to quit before at least one time. Conclusion: The majority of smokers who participated in the smoking cessation campaign was concerned about quitting smoking and was willing to quit in the next 30 days.

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103-130

The history of celebration of “No-tobacco Day” at Heart Institute (INCOR) University of São Paulo

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Objective: Brazil is one of the most developed Latin country in politics of restriction and reduction of smoking , especially considering that we are one of the major tobacco exporters in the world. The recent national data showed reduction of 10% in smoking adults prevalence since 1989. Part of this progress started in 1994 when DR Adib Jatene was the Brazilian Ministry of Health and adopted the first important law to restrict rigorously the advertisement of tobacco products, and also measures to provide protection from involuntary exposure to smoke products. Methods: The Heart Institute - INCOR was one of the pioneers in celebratting the “No tobacco Day “, our first participation was in 1993 and the issue of the campaign was “ Health services: our window to a tobacco-free world”. At this time Dr Adib Jatene used to be a director of INCOR, and he approved and participated actively of this celebration. We received support from C Chollat Traquet, manager of the program Tobacco or Health (WHO). In 1994 , Dr J. R Menchaca kept supporting us with Tobacco or Health program. Results: Every year INCOR have celebrated this date and helped to spread this important event. Nowadays the “No Tobacco day “ is celebrated all over the country by the health community, students and society.

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102-189

Tobacco Cessation - How Does It Affect Patient's Perception of His Own Clinical Situation?

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Although tobacco related diseases and benefits of smoking cessation are constant research fields, there is poor information about smoker's perception of his own health after stopping smoking. Objective: to verify the smoker's perception of his own health after a year of smoking cessation. Methods: We analyzed 465 patients, 264 women (57%) and 201 men (43%), with 49,39 (10,82) years old, 1,57 (1,16) co-morbidity and cigarette consumption of 23,12 (10,74) per day. All these patients received smoking cessation treatment, (Nicotine Patch and/or Nicotine Gum and/or Bupropion and regular clinical evaluation). Among the patients, 160 (34%) were successful and 305 (66%) were unsuccessful in achieving a year of smoking cessation. All of them were asked to evaluate their own clinical situation, if it was better, not altered or worst than when they started treatment. Results: Patients that achieved a year of smoking cessation reported much better clinical situation than those who did not (graphic below). Conclusion: This important information can be used to motivate patients during smoking cessation treatment.

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102-319

Which are the reasons to relapse in the first 12 weeks, between the 13th and 24th and after 24 weeks of smoking cessation treatment ?

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Objective: To verify which are the reasons to relapse in 52 weeks of follow up of smoking cessation intervention.
Methods: We evaluated 465 patients, 264 (57%) female, 201 (43%) male, age 49,39 (10,82) years old, cigarette consumption of 23,12 (10,74) per day. Patients received smoking cessation treatment at a smoking cessation clinic. Among the patients evaluated, 34% (159) were successful in smoking cessation treatment after a year, 48% (220) relapse, 11% (53) treatment failure and 7% (33) desist from treatment. Between the patients who relapsed, 75% of them were able to report the reason and time to relapse. They were divided in 3 groups according to the time to relapse: 68% in the first 12 weeks, 24% between the 13th and the 24th, and 8% after 24 weeks.
Results: Anxiety; engaged in eventual tobacco use; negative mood or depression; and high stress level were the most reported reasons to relapse. Anxiety was the first reported reason to relapse in the first 12 weeks; engaged in eventual tobacco use was the first reason after 13th until the 24th week; negative mood and high stress level were the most important reasons to relapse after 24 weeks. **Conclusion:** Relapse occurs because of different reasons during the smoking cessation treatment. All of these reasons must be preventable in order to reduce relapses.