



11th World Conference on Tobacco OR Health

PROMOTING A FUTURE WITHOUT TOBACCO

PO420 Poster Thursday, 8/10/00 12:00 Exhibit Hall (CHT)

POPULATION CHARACTERISTICS OF CURRENT SMOKERS WHO PARTICIPATED OF THE WORLD NO TOBACCO DAY (1999) IN THE HEART INSTITUTE

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The aim of this campaign was to help people to quit smoking and in this opportunity we performed some questions about: cigarette consumption, weight, height, number of previous attempts to quit smoking, weight follow-up during the period of smoking cessation. Carbon monoxide (CO) concentration in exhaled air was determined through the minismokerlyser Bodfont. The study population included 41 women (24 - 77 years) and 55 men (18 - 72 years). Cigarette consumption in women was 18 ± 8 cigarettes/day and 22 ± 10 in men ($p < 0,05$). CO level was 12 ± 7 ppm in women and 18 ± 8 ppm in men ($p < 0,05$). Previous attempts to quit smoking were observed in 51,2% of women and 56,4% of men. The number of previous attempts was at least 2. The average of weight increase during smoking cessation was $8 \pm 5,8$ KG for women and $9,4 \pm 6,4$ KG for men ($p > 0,05$ NS). Body mass index was above 25 in 45,8% of the study population. We concluded that cigarette consumption is higher in men, consequently they present higher level of carbon monoxide. More than 50% of smokers want to quit and had tried before. Weight increase was declared in both sexes during the period of smoking cessation. Considering that overweight is present in 45% of current smokers, and that smoking cessation might increase the body mass index, special attention must be taken in order to prevent obesity and its clinical consequences.

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PO130 Poster Monday, 8/7/00 1:00 (13:00) Exhibit Hall (CHT)

IS THERE ANY GENDER INFLUENCE IN SMOKING CESSATION TREATMENT WITH NICOTINE PATCHES?

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Nicotine patches are an effective aid to tobacco dependence treatment. However, success rates vary greatly across research studies and may be highly influenced by the nature and intensity of adjunct smoking cessation counseling, and may others differences as gender influence. We treated 100 individuals who wanted stop smoking (50 males, aged $42,7 \pm 12,4$, and 50 female, aged $42,6 \pm 7,2$). The intervention consisted of behavioral counseling, evaluation of Fagerstrom Score, measurement of carbon monoxide concentration (CO) in exhaled air and prescription of nicotine patches for all patients. They were submitted to a 8-12 week treatment, having 3 - 4 medical medical appointments. Abstinence was confirmed by CO concentration one year later. The patients were divided in 2 groups: success group (41%) and nonsuccess group (59%). Lack of success was due to drop out (20%) and relapse (39%). Gender, age, daily consumption of cigarette, weight, CO concentration, and presence of tobacco related illness were analyzed. The predictors of success were male gender ($p = 0,007$) and age, for male the age above 38 and for women above 55 ($p = 0,007$). Of the 50 male patients, 25 stopped smoking, and among women only 16 of the 50 stopped smoking. In both sexes we found weight increase (average of 3,5 kilograms one year later). We concluded that men had more chance to stop smoking than women, and age is an important predictor of success in both sexes. Concern of weight increase after smoking cessation is particularly important for women. For this reason, we believe that weight increase aspect should be better explored in female patients in order to achieve better results.