

ORLANDO

FLORIDA



Proceedings and On-Site Program

12th Annual Meeting

- February 15-18, 2006
- Disney's Coronado Springs Resort
- Orlando, Florida USA

2006



POS2-63

WHAT TO WAIT FOR THE BUPROPION IN THE TREATMENT OF SMOKERS WITH CARDIOVASCULAR DISEASES?

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Smoking cessation in patients with atherosclerotic cardiovascular disease is a great challenge. Although the morbidity/mortality rate from cardiovascular disease declines by 50% one year after cessation of cigarette smoking, part of this population is not motivated to quit smoking. Finding alternative methods for helping smokers with heart disease quit smoking has become a strategic need in cardiovascular disease therapy. We evaluated the usefulness of bupropion, and tolerance to the product, in smokers with cardiovascular diseases, taking into account the continuous and routine use of several medications by the study population. Secondly, we investigated variables that could predict the success of smoking cessation or the occurrence of smoking relapse. Success rate in smoking cessation was 50% at week 12. With regard to the number of comorbidities and side effects, univariate analysis revealed significant differences among patients in the Success and Failure Groups at week 12. A significant difference was verified when comparing success rates among men and women, leading to a greater interest in gender comparative analyses. Significant differences were also observed between men and women relative to age, comorbidities, medication use, presence of side effects, depression and anxiety score, and alcohol consumption. Age was positively associated with success and negatively associated with comorbidities. We conclude that this clinical trial with bupropion in smokers with cardiovascular diseases proved to be safe and effective, especially during the treatment period (week 12), and that factors like age and the presence of comorbidities are variables that can interfere with success rates.

No funding.

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