

Tobacco and Addiction Facts

Lecture 3

Prepared by Dr. Ibrahim AL-Jaafari

Smoking Cessation

Smoking cessation is known as **quitting smoking**. It is the process of discontinuing tobacco smoking.

Tobacco cessation significantly reduces the risk of dying from tobacco-related diseases such as coronary heart disease, chronic obstructive lung disease, and lung cancer

Methods of Smoking Cessation

1- Unassisted

It is common for ex-smokers to try many times to stop smoking (using different approaches) to stop smoking.

According to a recent survey over 74.7% of smokers attempt to quit without any assistance.

Methods of Smoking Cessation

1- Unassisted

A recent study estimated that ex-smokers make between 6 and 30 attempts before successfully quitting.

Cold Turkey method: unassisted quitting or abrupt quitting (gradually decreased number of cigarettes, or cigarette reduction).

Methods of Smoking Cessation

2- Medications

The American Cancer Society notes that about 25% of smokers who use medicines can stay smoke-free for over 6 months.

Nicotine replacement therapy (NRT): nicotine patches, nicotine gums
nicotine inhalers, nicotine oral sprays, and nicotine nasal sprays

Chance of quitting smoking is 55%

Methods of Smoking Cessation

2- Medications

A) Antidepressants

The antidepressant is considered a first-line medication for smoking cessation and has been shown in many studies to increase long-term success rates.

Methods of Smoking Cessation

B) Varenicline decreases the urge to smoke and reduces withdrawal symptoms and is therefore considered a first-line medication for smoking cessation.

C) Clonidine may reduce withdrawal symptoms, but its side effects include dry mouth and sedation, and abruptly stopping the drug can cause high blood pressure and other side effects

Methods of Smoking Cessation

3- Cutting down to quit

Gradual reduction involves slowly reducing one's daily intake of nicotine

4- Setting a quit plan and quit date

encourage smokers to create a quit plan, including setting a quit date.

Methods of Smoking Cessation

5- Community interventions

- A) Policies making workplaces (public places smoke-free)
- B) Health education to the public regarding the health effects of second-hand smoke
- C) Increasing the price of tobacco products, for example by taxation
- D) Institutional level smoking bans (Hospitals, prisons)

Methods of Smoking Cessation

6- Psychosocial approaches

- A) Group or individual psychological support can help people who want to quit.
- B) The Freedom From Smoking group clinic includes eight sessions and features a step-by-step plan for quitting smoking
- C) Smoking-cessation support is often offered over the telephone

References

From Wikipedia, the free encyclopedia

Smoking cessation

https://en.wikipedia.org/wiki/Smoking_cessation

Good Luck for All Students

- Please do not hesitate to contact me if you have any questions.
- Dr. Ibrahim AL-Jaafari
- www.Alghamdi-Biostatistics.com
- **Email.** Bio-stat@Hotmail.com
- Mobile Number : 0553777925

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