

European Respiratory Society Annual Congress 2012

Abstract Number: 4966

Publication Number: 1379

Abstract Group: 6.3. Tobacco, Smoking Control and Health Education

Keyword 1: Smoking **Keyword 2:** Treatments **Keyword 3:** No keyword

Title: Smokers' characteristics, pharmacological treatment and their association with weight gain during smoking cessation

Ms. Melaine 30289 Fidelix melaineopf@gmail.com ¹, Prof. Dr Suzana 30290 Tanni suzanapneumo@gmail.com MD ¹, Ms. Livia 30291 Baldini libaldini@hotmail.com ¹, Mr. Andre 30292 Bertani andrelubert@gmail.com ¹, Ms. Liana 30293 Coelho lianascoelho@gmail.com MD ¹, Ms. Mariana 30303 Ambrosi mariana_ambrozi@yahoo.com.br ¹, Ms. Carolina 30306 Mesquita carollmesquita@hotmail.com ¹, Prof. Dr Ilda 30313 Godoy ildadegodoy@gmail.com MD ¹, Prof. Dr Sergio 30315 Paiva paiva@fmb.unesp.br MD ¹ and Prof. Dr Irma 30404 Godoy irma@fmb.unesp.br MD ¹. ¹ Pulmonology Division, Internal Medicine of Botucatu Medical School – UNESP, Botucatu, SP, Brazil .

Body: Tobacco addiction is responsible for many deaths. However, the adherence to the treatment is made difficult by several factors. Aim: Investigate if the weight gain during smoking cessation is associated with smokers characteristics or smoking cessation treatment strategies. Methods: 148 smokers (female=65.5%, age=50.2±11.6y) were evaluated at baseline and after one year during a smoking cessation program. At baseline, all patients were analyzed by general date, anthropometric measurements, motivation stage, nicotine dependence, Hospital Anxiety and Depression Scale (HADS) and pharmacological treatment for smoking cessation. After one year of treatment, the patients were reevaluated for smoking cessation, weight changes. Weight gain above 3.0 kg was considered significant. We used T test, Chi² and multiple logistic regression. Results: Among 148 smokers, 81.8% received at least one pharmacological treatment and 20.2% used bupropion. After one year, 34.4% of patients (60.78% female, age: 51.5 ±11.3y) were abstinent and they gained more weight [5 (2-10) kg, p<0.001] than patients who continued smoking [0 (0-4) kg]. Only 17.6% of abstinent patients, used bupropion. Among smokers, 41.9% gained weight over 3.0 kg, however we did not find associations of weight gain with HADS scores, intensity of nicotine dependence, motivational status. The multiple logistic regression showed that current smoker had lower chance of weight gain after one year [OR:0.18 (CI95%:0.08-0.40)]. Conclusion: Ours results confirms previous findings of weight gain after smoking cessation and did not identify association between weight gain and any patient characteristics or treatment strategy.