

SMOKING DISHABITUATION: AN ISSUE FOR CARDIOLOGISTS?

Centro territoriale di prevenzione
e riabilitazione cardiovascolare
ASL 3 "Genovese"

Piero Clavario

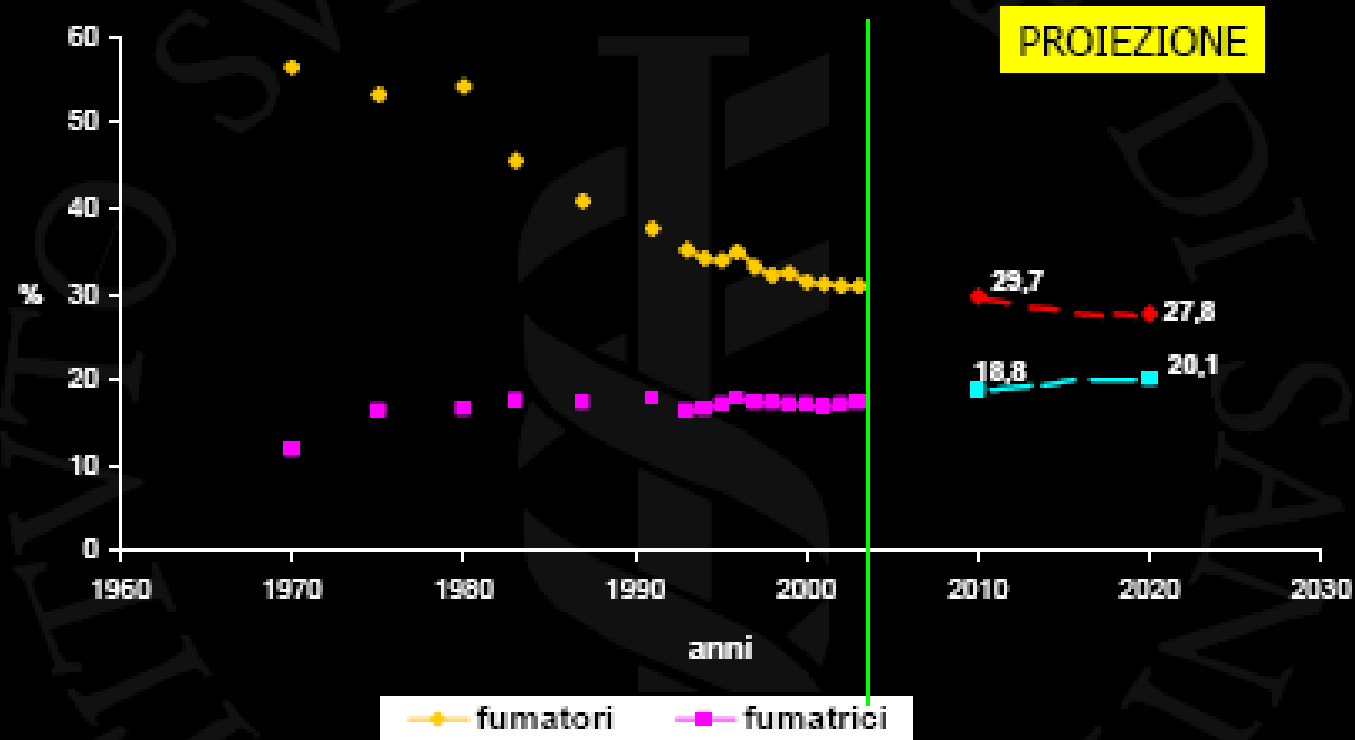


Welcome to Marlboro Country.



- E' un problema che si sta resolvendo
- Non è un problema per i cardiopatici
- Basta un po' di attenzione
- E poi se uno vuole davvero smettere....

Prevalenza fumatori in Italia 1970-2020



New
crush-proof box.



MERIT
A world of flavor in a low tar.

© Philip Morris Inc. 1984

Warning: The Surgeon General Has Determined
That Cigarette Smoking is Dangerous to Your Health.

8 mg "tar," 0.6 mg nicotine av. per cigarette, by FTC method.


- Vabbè ma dopo un bello spavento smettono!
- Dei miei pazienti non fuma più nessuno

Registration and Management of Smoking Behaviour in Patients with Coronary Disease: The EUROASPIRE Survey.

Van Berkel et al.

Eur Heart J. 1999; 20:1630-7

European Heart Journal (2001) 22, 554–572

doi:10.1053/euhj.2001.2610, available online at <http://www.idealibrary.com> on 

Lifestyle and risk factor management and use of drug therapies in coronary patients from 15 countries

**Principal results from EUROASPIRE II
Euro Heart Survey Programme**

EUROASPIRE II Study Group*

European Journal of
**Cardiovascular Prevention
& Rehabilitation**



EUROASPIRE III: a survey on the lifestyle, risk factors and use of cardioprotective drug therapies in coronary patients from 22 European countries

Kotseva, Kornelia; Wood, David; De Backer, Guy; De Bacquer, Dirk; Pyörälä, Kalevi; Keil, Ulrich; on behalf of the EUROASPIRE Study Group

IL 50% DEI CARDIOPATICI FUMATORI
RICOMINCIA A FUMARE

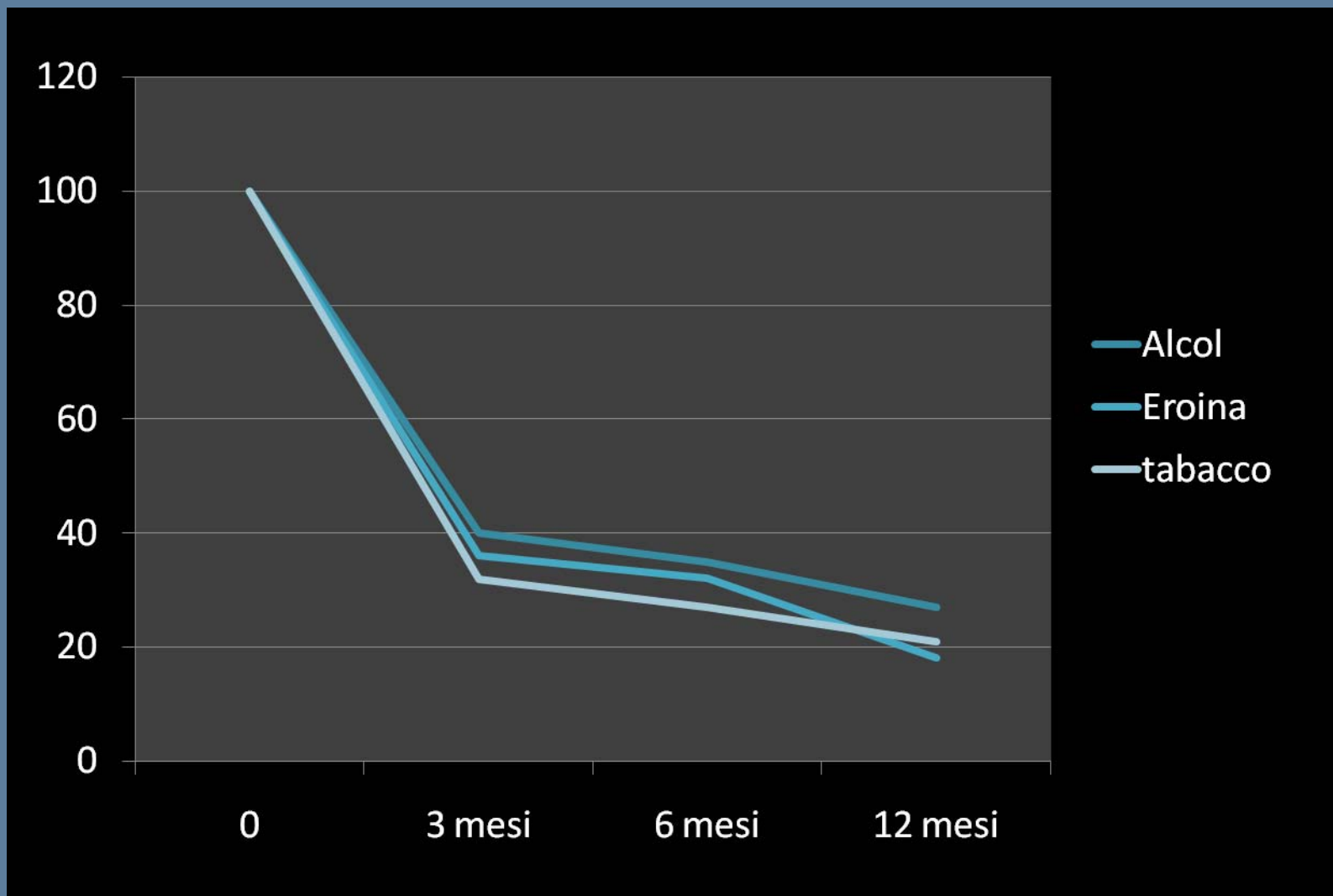
ENTRO 6 MESI DA UN
RICOVERO PER UNA SINDROME
CORONARICA ACUTA E DOPO
PTCA O BY PASS

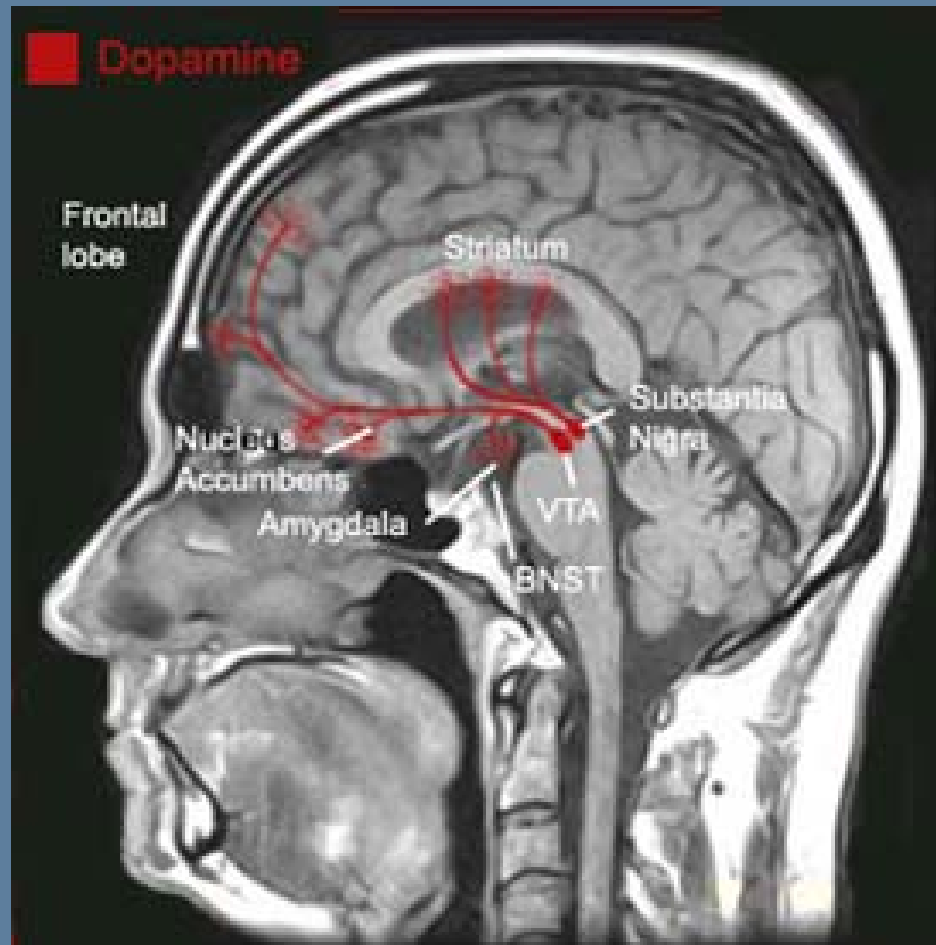


Organizzazione Mondiale della Sanità :

“ Il fumo di tabacco è una
tossicodipendenza”

% di cessazione nelle diverse dipendenze





la via comune di tutte le dipendenze

CRAVING
Bisogno incoercibile di fumare

- Irritabilità
- Aggressività
- Ansia
- Attacchi di panico
- Malinconia-tristezza
- Ane donia
- Allucinazioni
- Sonnolenza
- Insonnia iniziale o teminale
- lipotimia

- ormoni tiroidei
- controllo glicemico
- nicturia

- dolori osteomuscolari
- tremore
- oppressione toracica
- disestesie A.A.S.S.
- cervicorachialgie

- tosse secca o produttiva
- rinorrea
- asma

- diff. concentrazione
- distraibilità
- memoria

- Stomatiti-gengiviti
- secch. Fauci
- reflusso gastr-esof
- pirosi gastr

- Bradicardia
- Ipotensione
- Ipertensione

Treating Tobacco Use And Dependence

CLINICAL PRACTICE GUIDELINE
2008 UPDATE

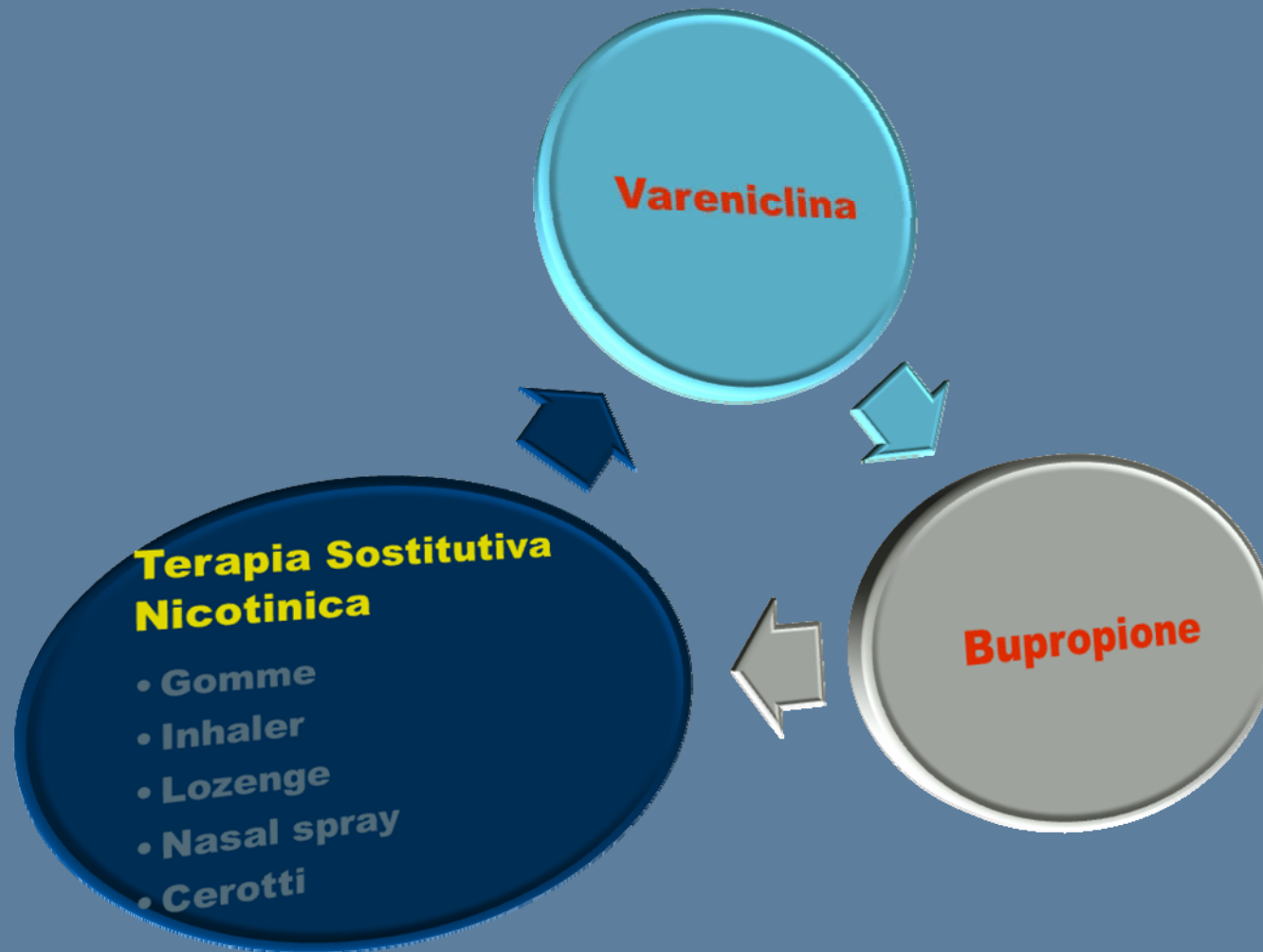
U.S. Department of
Health and Human Services
Public Health Service

**Esistono trattamenti di
comprovata efficacia?**

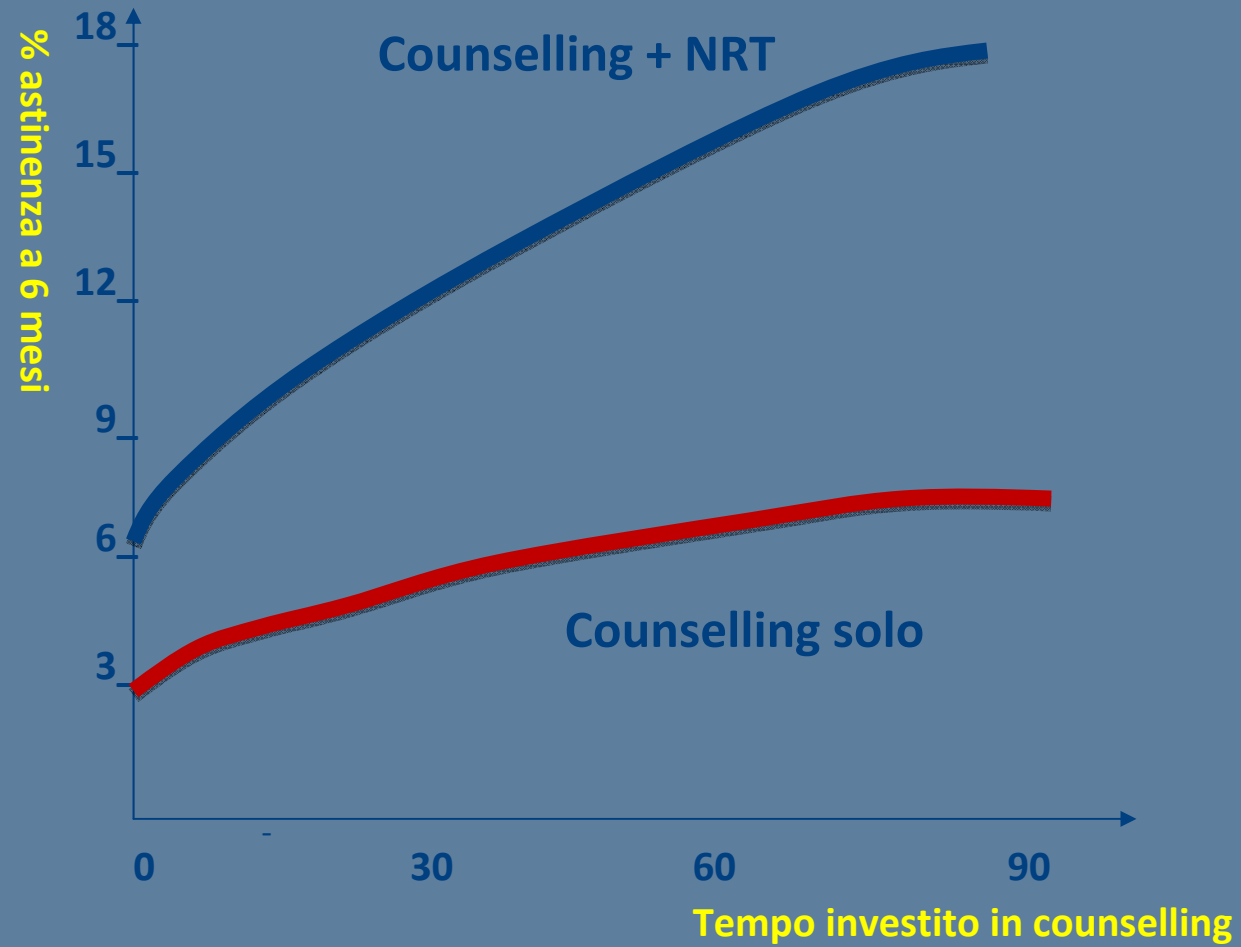
<http://www.ahrq.gov/path/tobacco.htm>

Farmaci di prima scelta

“First line medication”



Efficacia della NRT

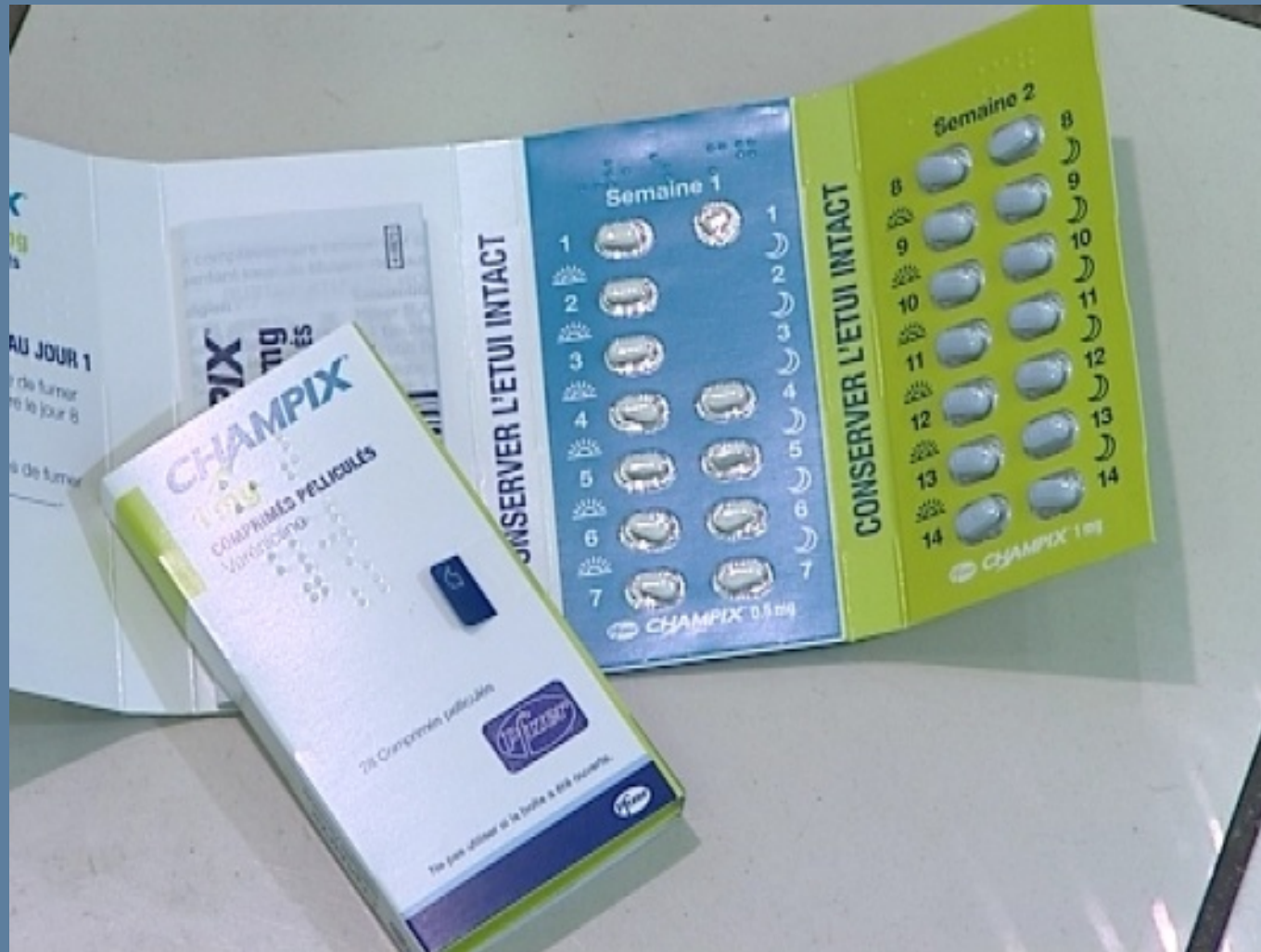


Terapia singola

(risultati a 6 mesi)

FARMACO	N°studi	OR	% successi
PLACEBO	80	1.0	13.8
Vareniclina 2 mg	5	3.1	33.2
Nicotina Spray	4	2.3	26.7
Cerotti ALTA	4	2.3	26.5
Gomme > 14 sett	6	2.2	26.1
Vareniclina 1 mg	3	2.1	25.4
Inhaler	6	2.1	24.8
Clonidina	3	2.1	25.0
Bupropione SR	26	2.0	24.2
Cerotti 6-14 sett	32	1.9	23.4
Cerotto > 14 sett	10	1.9	23.7
Nortriptilina	5	1.8	22.5
Gomme 6-14 sett	15	1.5	19.0

Come usare Vareniclina



Come usare Vareniclina

**Iniziare lo
start Kit
0,5 mg e poi
1 mg
(2 settimane)**

**SI
SMETTE DI
FUMARE**

**Prosegue
terapia 1mg
BID
(per 3 mesi)**

Efficacy and Safety of Varenicline for Smoking Cessation in Patients with Cardiovascular Disease

A Randomized Controlled Trial

**Rigotti, Andrew Pipe, Neal Benowitz,
Carmen ArtNancy eaga, Dahlia Garza, Serena
Tonstad**

Sponsored by Pfizer, Inc.
Study A3051049

Study Design

- Randomized double-blind placebo-controlled clinical trial
 - 39 sites in 15 countries (February 2006 – August 2008)
- Interventions
 - Pharmacotherapy (12 weeks)
 - Varenicline (1 mg BID with titration) or placebo
 - Counseling (all subjects)
 - Weekly visits (Weeks 1–12) + 1 telephone call after target quit date
 - Target quit date is 1 week after starting study drug
- Follow-up off study drug (Weeks 13–52):
 - 7 clinic visits and 5 telephone calls

Study Participants

- Adults, 35 - 75 years old
- Smoked ≥ 10 cigarettes/day on average in the past year
- Want to stop smoking but no serious quit attempt in past 3 months
- Stable, documented CVD (other than hypertension) ≥ 2 months
 - Cardiac: angina pectoris; history of myocardial infarction, CABG, or PTCA
 - Peripheral vascular disease
 - Cerebrovascular disease (prior stroke, transient ischemic attack)
- Exclusion criteria
 - CVD instability or CVD procedure in past 2 months
 - Severe CVD (Class III/IV CHF, PVD w/amputation, CVA/TIA w/major deficit)
 - Drug or alcohol abuse or dependence in past year
 - Psychiatric disorders
 - Diagnosis of depression or treatment with antidepressants in past 1 year
 - History of psychosis, panic disorder, or bipolar disorder

Baseline Characteristics

Demographics and Smoking History

	Varenicline (n = 355)	Placebo (n = 359)
Demographics		
Age, mean years (SD)	57.0 (8.6)	55.9 (8.3)
Male, n (%)	267 (75.2)	295 (82.2)
Race, n (%)		
White	285 (80.3)	290 (80.8)
Black	3 (0.8)	2 (0.6)
Asian	30 (8.5)	31 (8.6)
Other	37 (10.4)	36 (10.0)
BMI (kg/m ²), mean (SD)	27.5 (4.4)	27.9 (4.5)
Smoking History		
Years Smoked, mean (range)	40.0 (5–63)	39.1 (12–60)
Cigarettes per Day, mean (range)	22.1 (10–60)	22.9 (10–80)
Any Previous Serious Quit Attempt, n (%)	304 (85.6)	310 (86.4)
FTND Score *†, mean (SD)	5.6 (2.1)	5.7 (2.0)

Safety

Adjudicated Deaths and Cardiovascular Events*

Number of Participants	Varenicline (n = 353)		Placebo (n = 350)	
	n	%	n	%
Deaths - all causes	2	0.6	5	1.4
Cardiovascular deaths	1	0.3	2	0.6
Non-cardiovascular deaths	1	0.3	3	0.9
Any adjudicated cardiovascular event*	26	7.4	23	6.6
Coronary artery disease				
Non-fatal MI	7	2.0	3	0.9
Need for coronary revascularization	8	2.3	3	0.9
Hospitalization for angina pectoris	8	2.3	8	2.3
Hospitalization for congestive heart failure	0	0.0	2	0.6
Cerebrovascular disease				
Non-fatal stroke	2	0.6	1	0.3
Transient ischemic attack	1	0.3	1	0.3
Peripheral vascular disease (PVD)				
New diagnosis or admission for procedure to treat	5	1.4	3	0.9



Gruppi n° 20 fumatori
completati 103 gruppi

Programma Di GRUPPO

**SI SMETTE
DI FUMARE**

Fase
Preparazione

Fase terapia
farmacologica

Fase terapia
farmacologica

Fase terapia
farmacologica

Un incontro settimanale

FOLLOW UP a lungo termine (1 anno)

Un incontro mensile

I risultati

12 Dicembre 2001

3 centri

600 posti
visita/anno

% astinenza a 12 mesi

. Tentativo NON assistito probabilità inferiori al 5%

I risultati

12 Dicembre 2001

3 centri

600 posti

visita/anno

% astinenza a 12 mesi

. Tentativo NON assistito probabilità inferiori al 5%

. **Programma di gruppo** probabilità superiori al **60 %**



Grazie per l'attenzione

