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Title: Active and passive smoking by CF patients in Belgium: A national survey

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Body: Background: In Belgium in 2011, 35% of the 15-29 years age group were regular smokers. No information was available about epidemiology of smoking by CF patients in our country. Objectives: a) primary aim: to identify active (AS) and passive (PS) smokers in the Belgian CF patients b) secondary aim: to investigate physical, psychological and behavioural dependence of AS CF patients. Methods: AS and PS were identified by means of a urinary cotinine dosage. Patients with positive results were asked to meet with a tobacologist, in order to evaluate their expired CO, their physical, psychological and behavioral dependence to nicotine, and their HAD score. Results: (Interim analysis) 29 out 706 patients (4.5%, 78.8% of target) had positive urinary cotinine (> 100 mcg/ml); 17 positive patients met the tabacologist (12 AS, 5 PS). Among AS (mean age 28y ± 10, 84%M), mean urinary cotinine level was 0.863mcg/ml ± 0.464 (0.165 to 1.5); mean exp CO was 13.3 ppm ± 7.6 (5-25); Fageström score was 4.5 ± 3 (1-9). 84% had a previous quit attempt. 41% AS smoked cannabis. Anxiety was associated with urinary cotinine level (R=0.825, p=0.009). All AS wished to receive specific help for smoking cessation at their CF reference center. Conclusions: Active smoking is less prevalent among CF patients in Belgium than in healthy adolescents and young adults. CF AS had developed a moderate physical dependence to nicotine; their urinary cotinine was associated with their anxiety level. Smoking cessation help should be available at CF reference centers.