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Title: Is the e-mail useful in a smoking cessation clinic??

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Body: Tobacco is the most important preventable cause of premature death worldwide. Only about 4%-7% of people are able to quit smoking on any given attempt without medicines. Smoking cessation clinics have been shown to improve smoking cessation rates. New technologies might be useful for improving cessation rates. AIM: To study if provide an email to the patients, 7 days per week, can be useful for improving abstinence quit rate. Material and Methods: From November 2010 to October 2012, 422 consecutive smokers were included. Demographic data, comorbidities, smoking history, nicotine dependence, motivation to quit, treatment and success in quitting smoking were recorded. An email was provided to the patients recruited in the last year. The statistical software SPSS.19 was used for analysis. Results: Our population had a mean age of 51.44 years, with 56.5% of them being women. The mean age at smoking initiation was 17.11 years. Pack-years index was 40.37 and the score in Fagerström test was 6.11. There were no statistical differences between men and women. In 223 of our patients (52.2%), an email address were provided. Six-month continuous abstinence quit rate was 40.3% without differences between the patients who received the email and the ones who didn't. 134 smokers left the program after the first visit, with no differences if they had an email or not. Six-month quit rate was 58.82% without one-visit patients. Varenicline was the most effective treatment. Conclusions: 1. Provide an email, 7 days per week, did not improve the 6-month continuous abstinence quit rate. 2. There was not statistical differences in abstinence quit rate between men and women. 3. The use of an email did nor improve the adherence to medical treatment.