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Title: Genetic factors on guitting habits and smoking characteristics: A twin study

Dr. David Laszlo 13221 Tarnoki tarnoki4@gmail.com MD ¹, Dr. Adam Domonkos 13222 Tarnoki tarnoki2@gmail.com MD ¹, Dr. Zsofia 13223 Lazar zsofia.lazar@yahoo.com MD ², Dr. Kinga 13224 Karlinger kinga.karlking@gmail.com MD ¹, Dr. Andrea Agnes 13225 Molnar molnandi@gmail.com MD ³, Dr. Zsolt 13226 Garami ZGarami@tmhs.org MD ⁴, Prof. Dr Viktor 13228 Berczi berczi@hotmail.com MD ¹ and Prof. Dr Ildiko 13229 Horvath kiss.horvath@t-online.hu MD ². ¹ Department of Radiology and Oncotherapy, Semmelweis University, Budapest, Hungary ; ³ Research Group for Inflammation Biology and Immunogenomics, Hungarian Academy of Sciences and Semmelweis University, Budapest, Hungary and ⁴ DeBakey Heart and Vascular Center, The Methodist Hospital, Houston, TX, United States .

Body: Introduction: It is well known that guitting has a genetic background; however, no detailed information is available in this field. Our aim was to investigate different quitting and smoking charasteristics of monozygotic (MZ) and dizygotic (DZ) twins in order to investigate the genetic contribution. Methods: Smoking 72 twin pairs (65 Hungarian and 7 American, 44 MZ and 28 DZ; mean age 44±17 years±standard deviation/SD/) filled in a questionnaire concerning smoking and guitting habits. The prevalence of concordant answers was calculated from the answers of 9 MZ and 3 DZ twin pairs whose both members guitted smoking. Significantly higher rate of concordant answers in MZ twins compared to DZ twins suggested a genetic influence. Results: No significant difference was observed in the concordant answers concerning guitting attempts and duration of guitting period in MZ versus DZ twins (63% vs. 70%; 2.9±4.0 versus 1.9±1.5 years, p>0.05). Similarly, no significant difference was found in concordant answers regarding the history of quitting, mean difference in first cigarette smoking after wake-up, self-reported tobacco dependence, and certain smoking characteristics (what part of the cigarette is smoked, depth of imbibing the smoke, frequency of taking sniffs; and the frequency of thoughts concerning quitting smoking, harmful effects of smoking on other persons or him/herself, harmful operation of tobacco factories, cost of smoking) in MZ versus DZ twin pairs (p>0.05 for all characteristics). Conclusions: In conclusion, this small twin study indicates no genetic influence on certain guitting habits, thoughts and smoking characteristics. A larger study sample is warranted.