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**Title:** Differences between the recommended and real dose in a smoking cessation practice

Mrs. Ana 12755 Gómez-Bastero ana.gomezbastero@gmail.com <sup>1</sup>, Mrs. Virginia 12756 Almadana virginiacadiz@yahoo.es <sup>1</sup>, Mrs. Concepción 12757 Romero amacon@telefonica.net <sup>1</sup>, Mrs. Estefania 12758 Luque eluquecrespo@hotmail.com MD <sup>1</sup>, Mr. Andrés 12759 Vega drahva@gmail.com <sup>1</sup>, Mrs. Soledad 12761 Montserrat ana.gomezbastero@gmail.com <sup>1</sup> and Mr. Teodoro 12760 Montemayor teodoro.montemayor@gmail.com MD <sup>1</sup>. <sup>1</sup> Respiratory Medicine Unit, Hospital Universitario Virgen Macarena, Seville, Spain .

**Body:** Aims: To analyze the dose and time decided by the patient regarding what is recommended and its influence on the tobacco cessation rate. Methods: We included patients who attended our practice during the last 6 months. We analyzed several variables: recommended dose (varenicline (V): 0.5/1 mg, 2 months; bupropion (B): 150 mg/day, 2 months), real dose and duration of the treatment, tobacco cessation rates and causes of early abandonment of medication. Results: n=312 patients: V(56%) and B(44%). By comparing both groups, we couldn't find differences regarding cessation rate after 3 (V: 64.4%/B: 67.2%) or 6 months (V: 64.2%/B: 67.2%). We realized the patients followed the recommended dose (V: 82.3%/B: 94.2%, p=0.001). Cessation rates are shown in figure 1.

Regarding the duration of treatment: V: 6.6±1.6/B: 7.9±0.7, p<0.001. Cessation rates after 6 months: V: 96% vs 51.2%/B: 95.7% vs 6.8%; p<0.001. Causes of medication abandonment are shown in table 1.

TABLE 1: Causes of abandonment of medication

ABANDONMENT CAUSES	VARENICLINE(44%)	BUPROPION(35%)
ECONOMIC REASONS(%)	36	29
PSYCHOLOGICAL DEPENDENCE(%)	35	46
FALSE SELF-CONTROL ON ABSTINENCE SYMPTOMS(%)	23	13
SIDE EFFECTS(%)	3	4
OVERSIGHT(%)	1	0
OTHERS(%)	1	8

p=0.134

Conclusions: Using 2 month treatments and half the recommended dose of B, cessation rates are good

>64%. Below 5 week treatments are clearly insufficient with B as well as V. Causes of early abandonment of medication were mainly due to economic and psychological reasons.