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Title: Intervention study to evaluate effectiveness of integrated therapy (varenicline plus motivational interviewing) for smoking cessation in diabetic patients:

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Body: Background: The prevalence of smoking among people with diabetes is similar to that in the general population. For smokers with diabetes, however, the complications incurred are not equal. All-cause mortality is increased in smokers with diabetes, and the risk of macro and microvascular complications is also increased (1). Aim and objectives: We designed a study to monitor possible modifications in the smoking habits of 40 regular diabetic smokers experimenting and Integrated Therapy (Varenicline plus Motivational Interviewing) focusing on smoking reduction and smoking abstinence. Methods: Study participants were invited to attend a total of five study visits: at baseline, week-4, week-8, week-12 and week-24. Number of cigarettes smoked, and exhaled carbon monoxide levels were measured at each visit. Smoking reduction and abstinence rates were calculated. Adverse events were also reviewed. Results: Sustained 50% reduction in the number of cig/day at week-24 was shown in 45% participants. Sustained smoking abstinence at week-24 was observed in 40% of participants. Conclusion: The use of Integrated Therapy (Varenicline plus Motivational Interviewing) improve smoking cessation and reductions in diabetic smokers intending to quit. 1. Solberg L, Desai J, O'Connor P, Bishop D, Devlin H: Diabetic patients who smoke: are they different? Ann Fam Med 2:26–32, 2004.