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Title: Particularities of smoking cessation in elderly

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Body: Background: The aging of the Tunisian population is causing an increase in the number of older smokers. Thus, we diagnose, increasingly, tobacco-related diseases in elderly. Aim of the study: To analyse smoking particularities and characteristics of cessation in a population of older smokers. Methods: A retrospective case-control study on 200 patients followed for smoking cessation between 2008 and 2012. Data from files of 100 smokers aged 65 years or older were compared to those of 100 young patients (age <45 years). Results: Diabetes and arterial hypertension were more prevalent among older smokers. These, have started smoking later than young patients and had accumulated a more important number of packets years (35 vs 22, p <0.01). However, elderly patients had the same degree of dependence than young ones. Motivation and personal initiative were the main factor behind the decision of smoking cessation at any age. The elderly required less frequently pharmacological means (65% vs 80%). Cognitive therapy was used more frequently in old patients (12% vs 2%, p <0.01). The success rate of smoking cessation among elderly subjects was significantly lower (21% vs. 35%). In multivariate analysis, predictif factors of successful smoking cessation in the elderly were: regular consultation, cardiovascular comorbidities and starting smoking after the age of 20 years. In contrast, irregular consultation, existence of other habits and poor social conditions were predictors of failure. Conclusion: The benefit of smoking cessation observed whatever the age of smoker leads us to insist on the weaning even among older smokers. However, smoking cessation should take into account the physiological and social particularities of this population.