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Title: Is there any consequences of body weight and body fat distribution for smoking cessation?

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Body: Smoking and obesity are leading causes of morbidity and mortality worldwide. The relation between smoking and obesity is incompletely understood. On the one hand, nicotine acutely increases energy expenditure; on the other hand, studies indicate that heavy smokers have greater body weight than do light smokers and that there is a clustering of smoking and obesity. Aim: To evaluate the relations among smoking, body weight, body fat during smoking cessation. Methods: 130 patients from a total number of 590 active smokers (mean age of 44±11) with 1 year time smoking cessation were prospectively evaluated. Each patient answers the same questionnaire including smoking status and medical background. Nicotine dependence and CO levels were evaluated. Body mass index(BMI), free fat BMI (FFBMI), fat mass and fat percentage was calculated with TANITA. Patients were divided into 3 groups according to BMI (normal, overweight and obese). Smoking cessation program was administered individually according to the guidelines. Results: There was no difference between the groups in; age, baseline Fagerstrom nicotine addiction score, exhaled CO level and treatment protocols. However, total amount of smoked tobacco (27,8±21pack-year) and cigarette consumption per day (21±10) was higher in obese patients (p=0.001 for all). The cessation rates for normal, overweight and obese patients are respectively 50%, 59% and 50%(p>0.05). Relapse was not evident in obese patients(p>0.05). Conclusion: According to our results, even one year smoking cessation success is high in our cohort the BMI, FFBMI or fat mass do not have any effect neither on smoking cessation rates nor relapses.