

Analysis of tobacco abstinence with varenicline treatment.

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Background and objective

The objective of this study is the presentation of results obtained in the abstinence rate and relapse of the smoking practice after a 12-month pharmacotherapeutic follow-up in a pharmacy office.

Subjects and methods

Smokers assigned referred to the pharmacy for a pharmacotherapeutic follow-up with varenicline treatment.

Variables of the smoking history, present treatment, nicotine dependence and motivation.

Abstinence and relapses were evaluated at 5, 12 and 52 weeks. The abstinence obtained was by self-declaration verifying it with coxymetry of 6 ppm or less.

Conclusion

There were high rates of relapse per year, which depended on adherence. Patients who had more adherence to treatment had better annual abstinence rates.

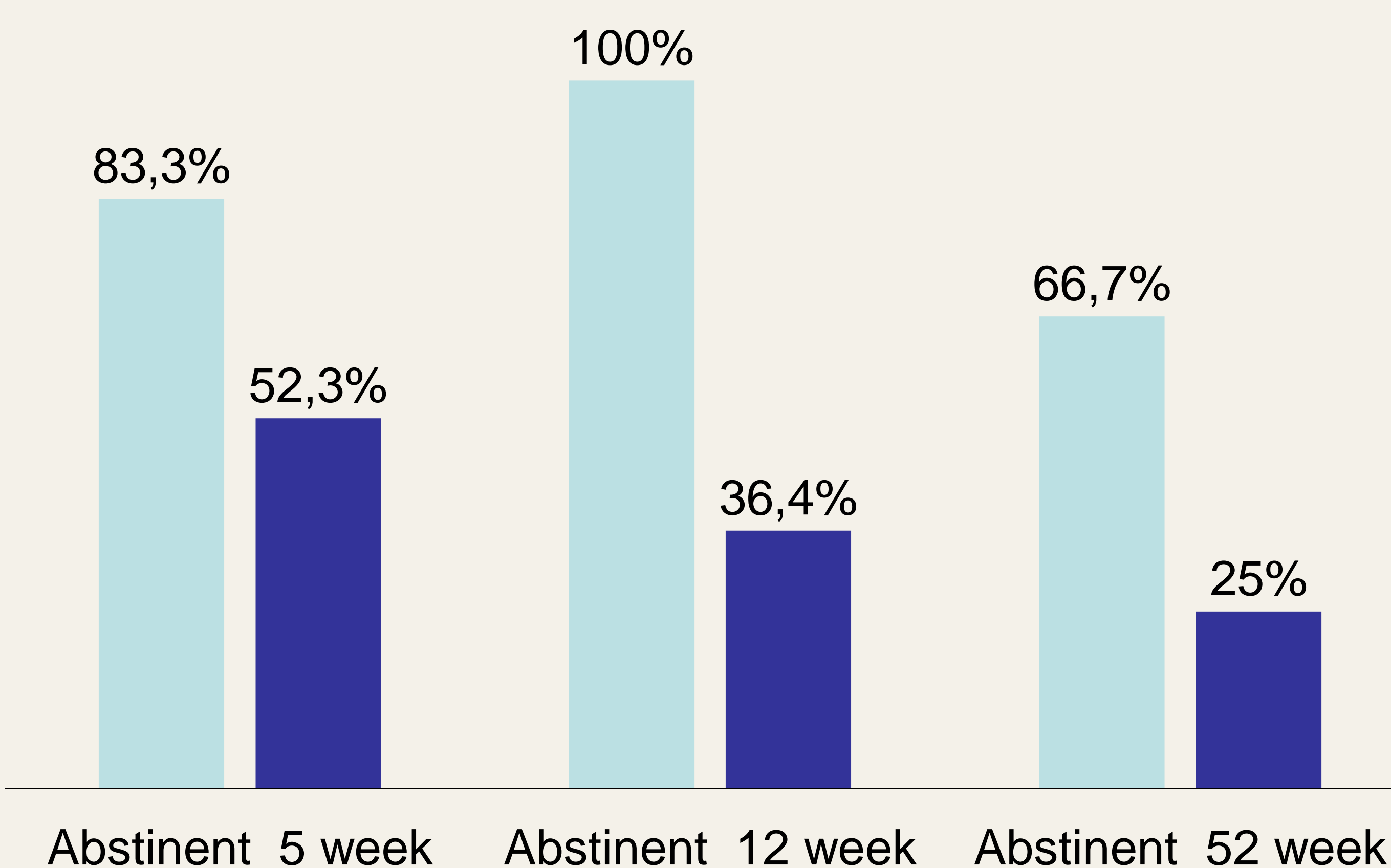
Results

78 patients (53.8% males), 43.92 (\pm 9.41) years and 27.36 (\pm 10.54) years of mean duration.

71.8% patients treated varenicline therapy and 28.2% were not treated with a drug. Of the 56 patients treated, completed 12 weeks of treatment 21.4%.

50% of subjects remained non-smoking at 12-week treatment and at the end of follow-up at 52 weeks only 33.9% remained abstinent.

■ Complete treatment ■ Incomplete treatment



Relationship of abstinence between patients with complete and incomplete treatment throughout the study.

References

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