

Was können wir als Ärzte mit der Tabakentwöhnung für die Gesundheit unserer Patienten erreichen?

T. Hering

Bundesverband der Pneumologen (BdP)

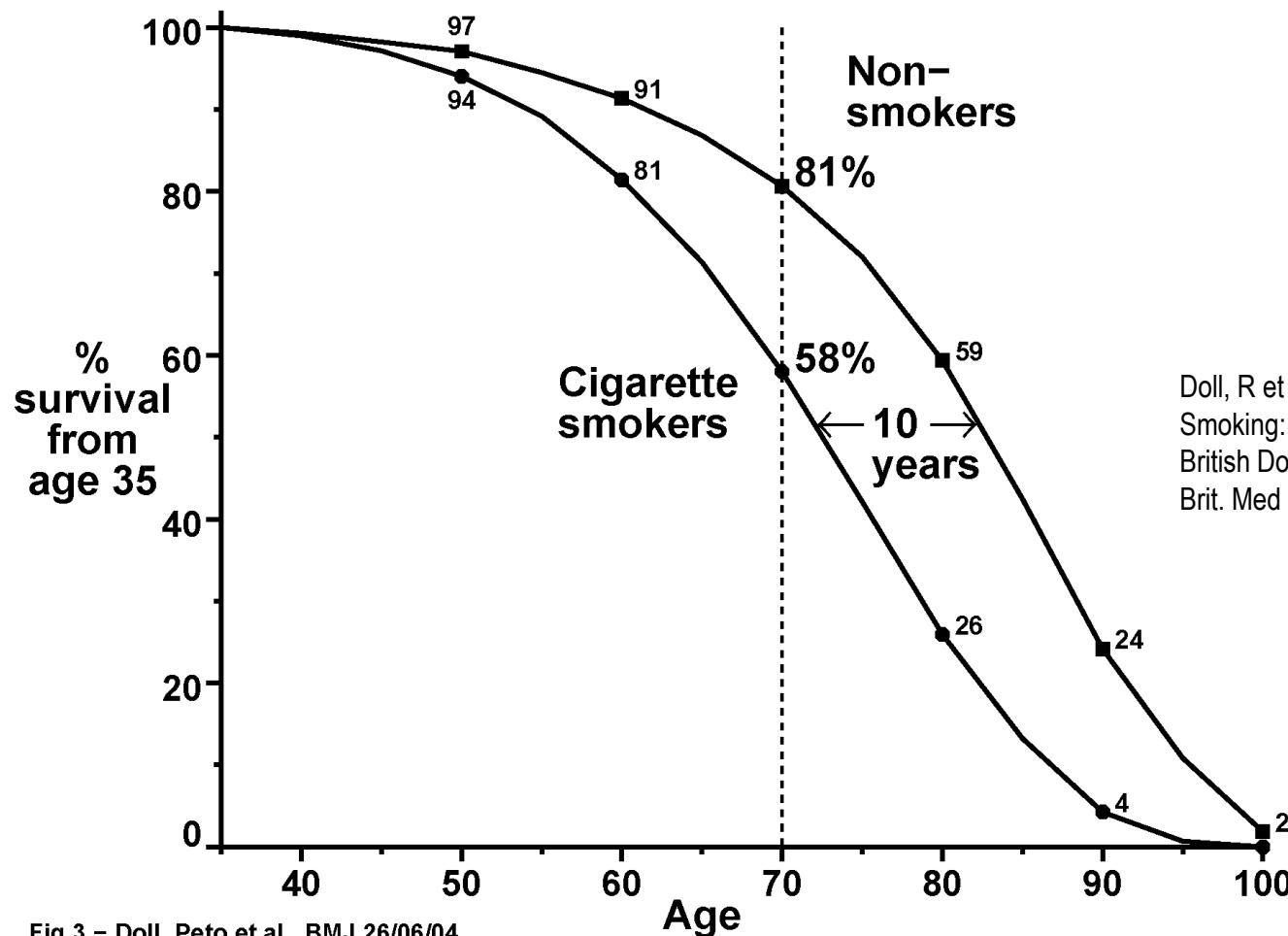


Rauchen: 10 Lebensjahre weniger

- **Doll**, R., R. Peto, et al. (2004). "Mortality in relation to smoking: 50 years' observations on male British doctors." Bmj 328(7455): 1519.
- **Strandberg**, A. Y., T. E. Strandberg, et al. (2008). "The effect of smoking in midlife on health-related quality of life in old age: a 26-year prospective study." Arch Intern Med 168(18): 1968-1974.
- **Pirie**, K., R. Peto, et al. (2012). "The 21st century hazards of smoking and benefits of stopping: a prospective study of one million women in the UK." Lancet.



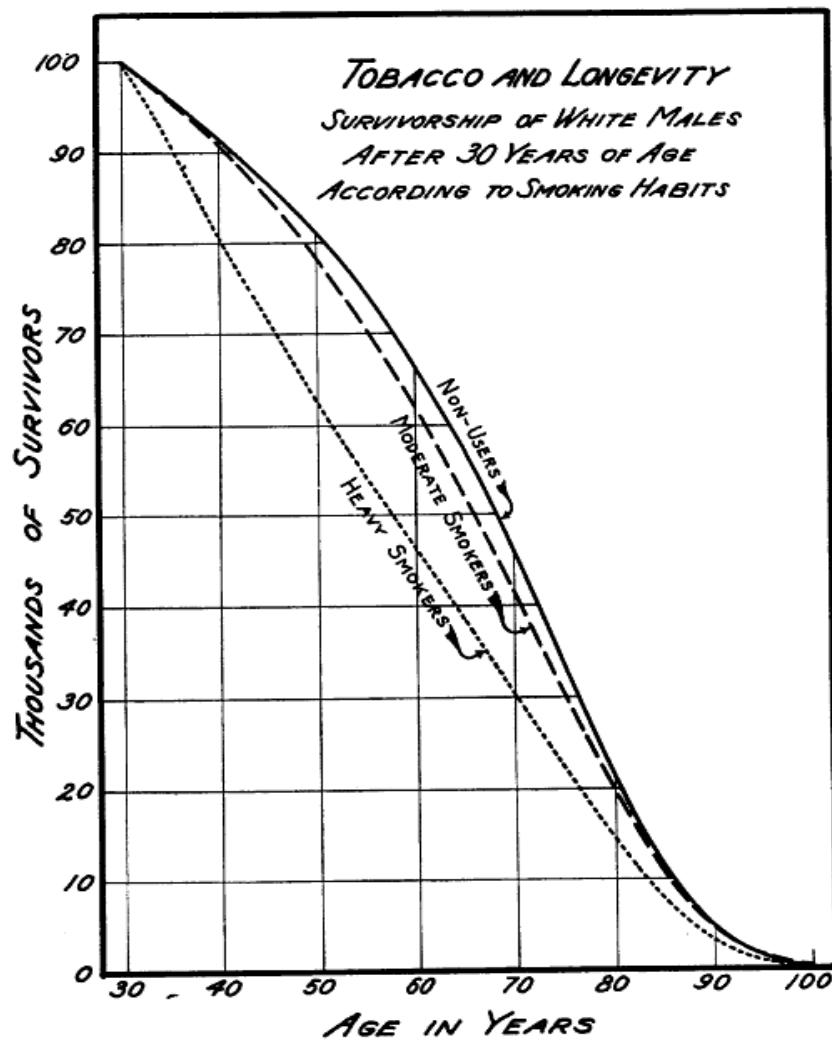
UK male doctors born 1900–1930: continuing cigarette vs never smokers. 50-year follow-up of mortality, 1951–2001



Doll, R et al.: Mortality in Relation to Smoking: 50 Years' Observation on male British Doctors
Brit. Med J. 2004; 328: 1519-1533

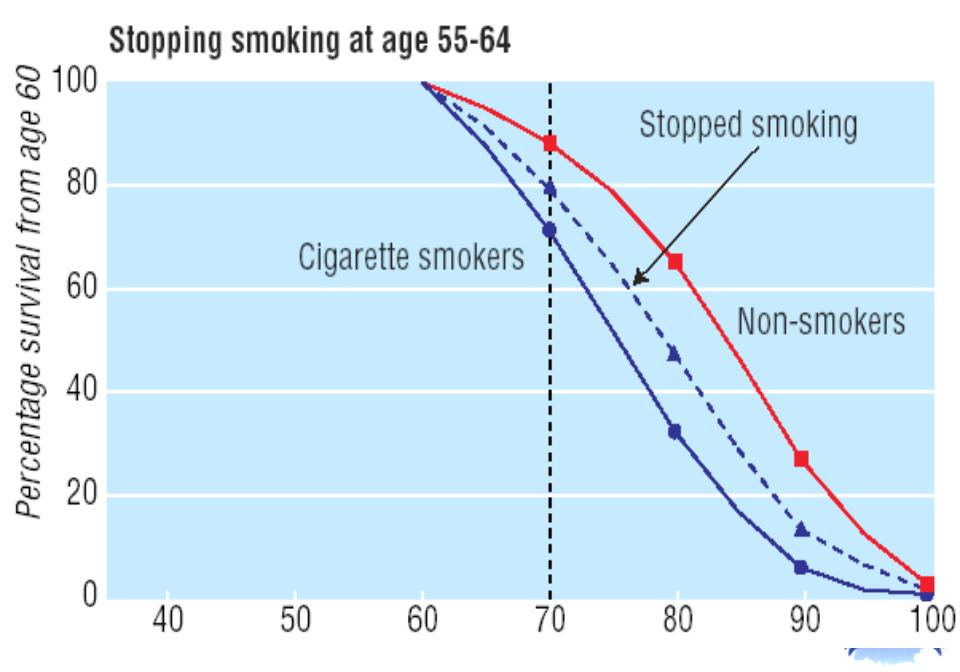
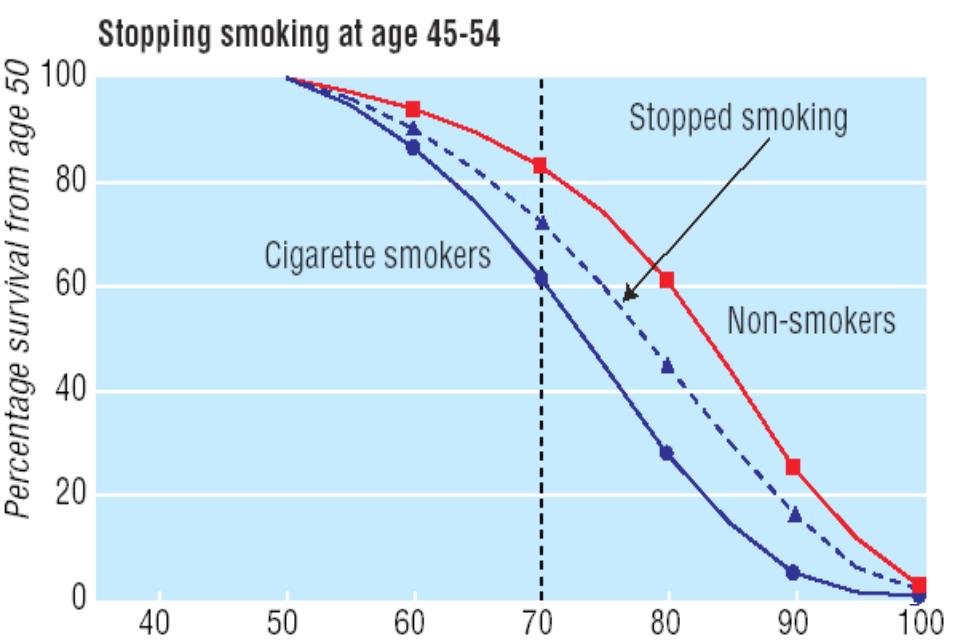
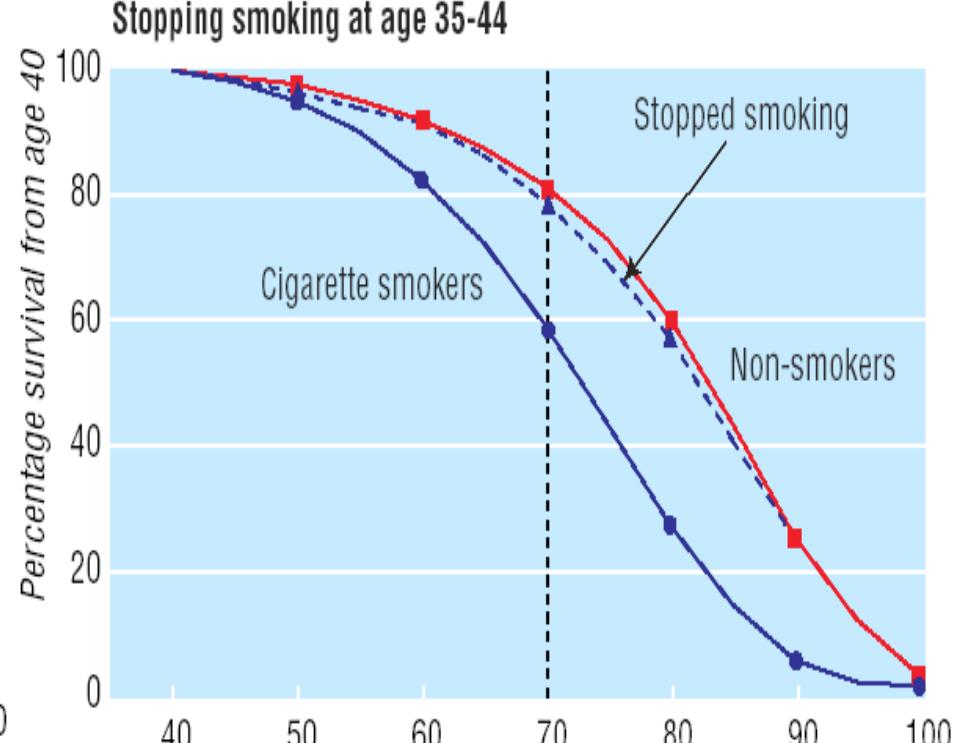
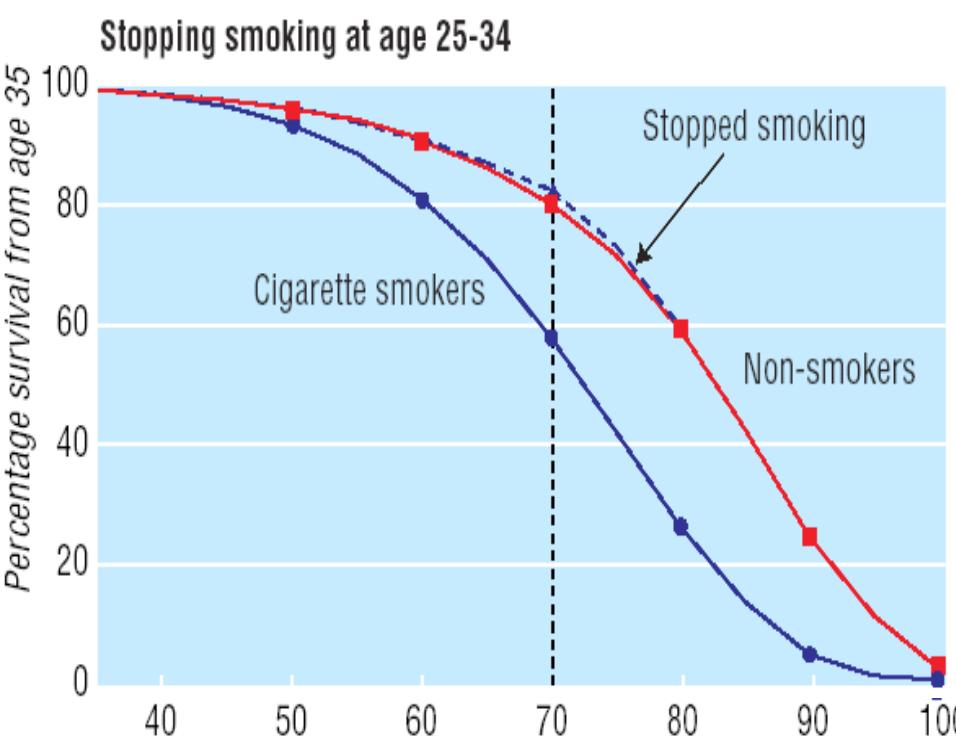


1938



Pearl, R. (1938). "Tobacco Smoking and Longevity." Science 87(2253): 216-217.





Dosisabhängigkeit

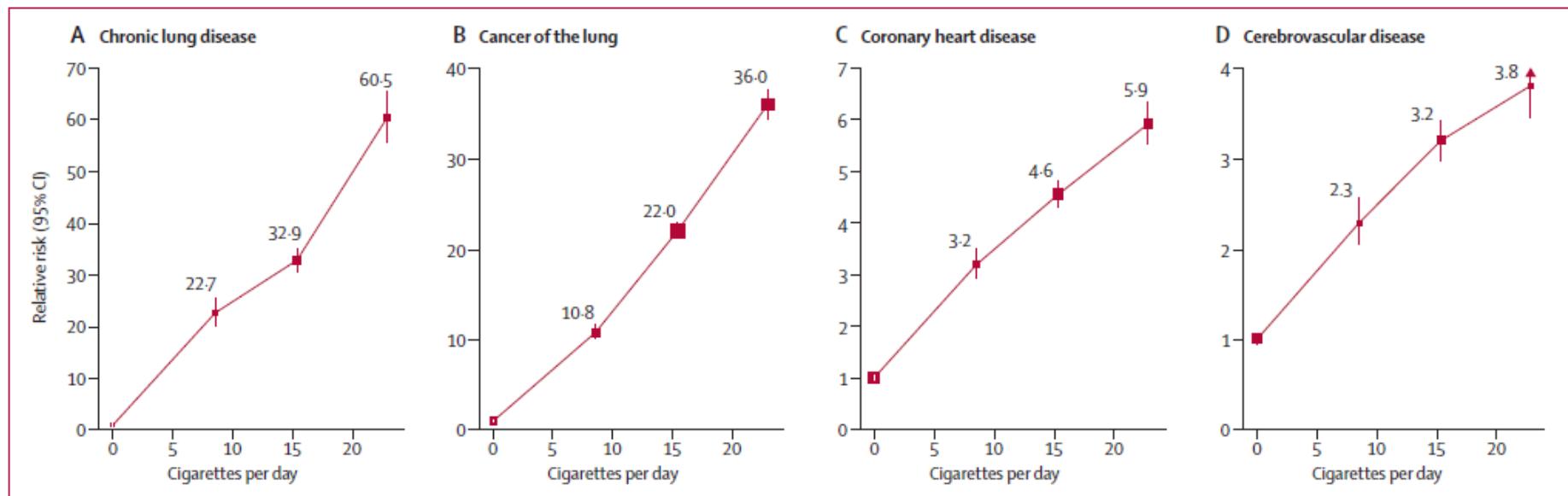


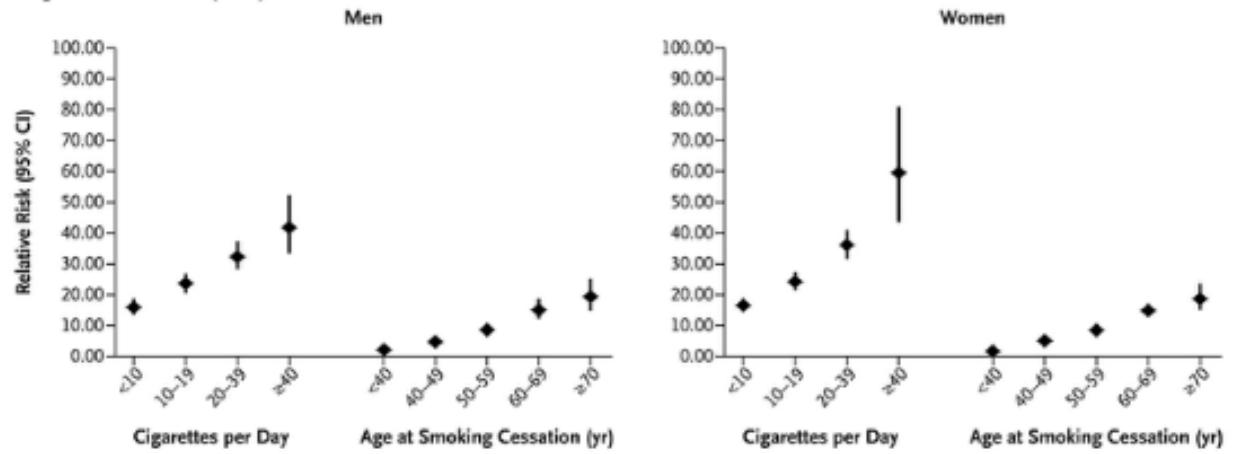
Figure 3: 12-year relative risk, current smoker versus never-smoker, by amount smoked

(A) Chronic lung disease. (B) Cancer of the lung. (C) Coronary heart disease. (D) Cerebrovascular disease. For each category, the area of the square is inversely proportional to the variance of the category-specific log risk (which also determines the CI).

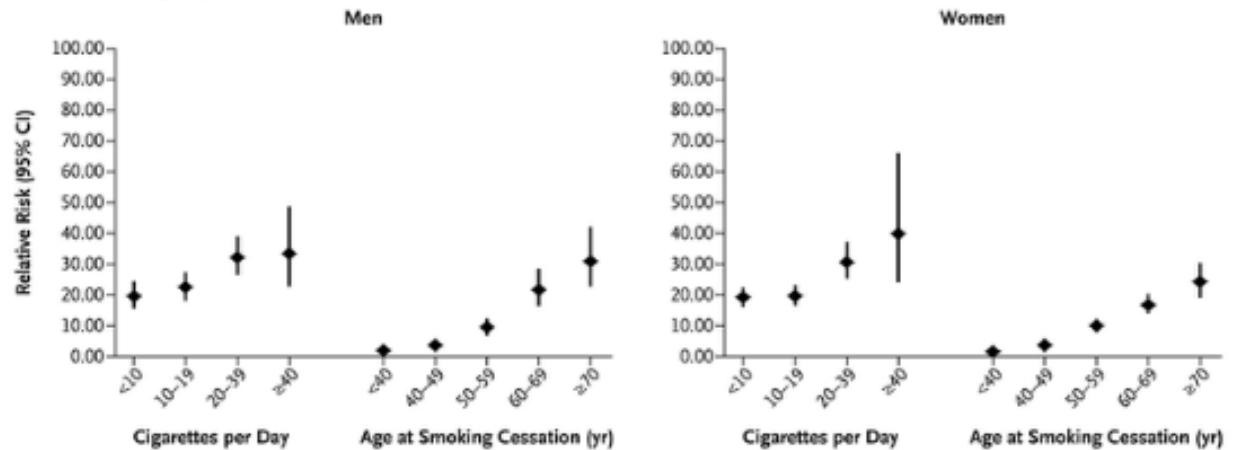


Dosisabhängigkeit

A Lung Cancer — Contemporary Cohort



B COPD — Contemporary Cohort

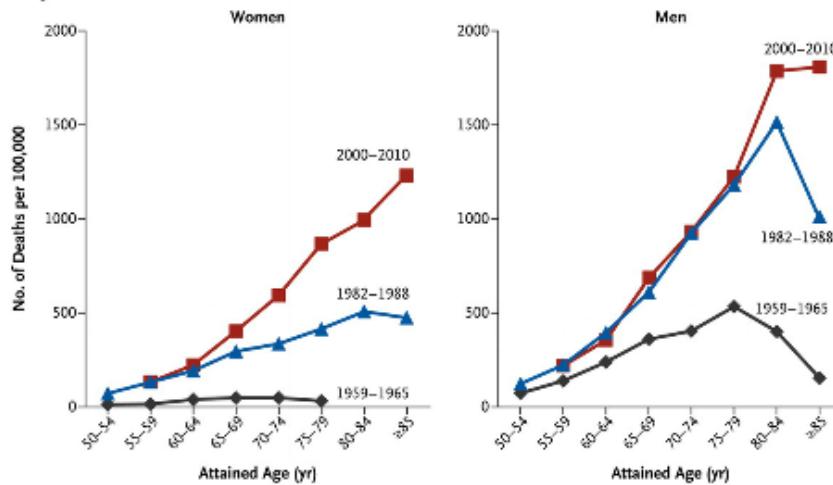


Thun, M. J., B. D. Carter, et al. (2013). "50-year trends in smoking-related mortality in the United States." N Engl J Med 368(4): 351-364.

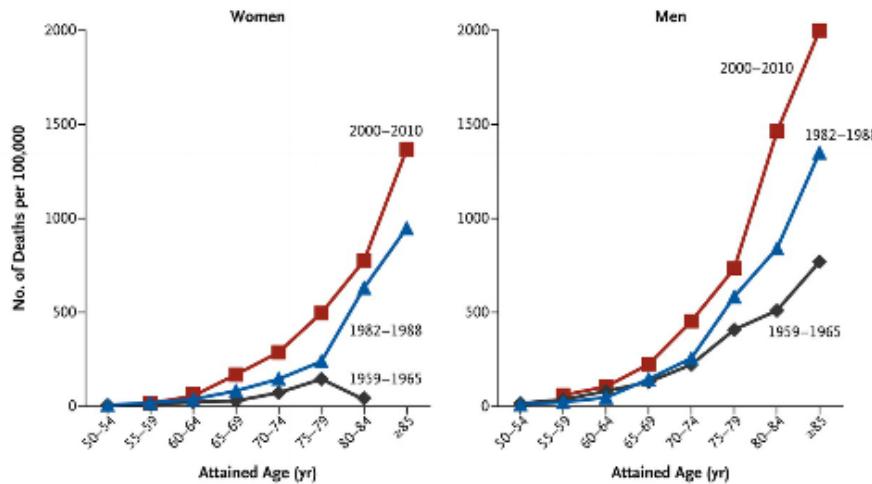


Lungenkrebs und COPD – Sterblichkeit nimmt zu

A Lung Cancer



B COPD



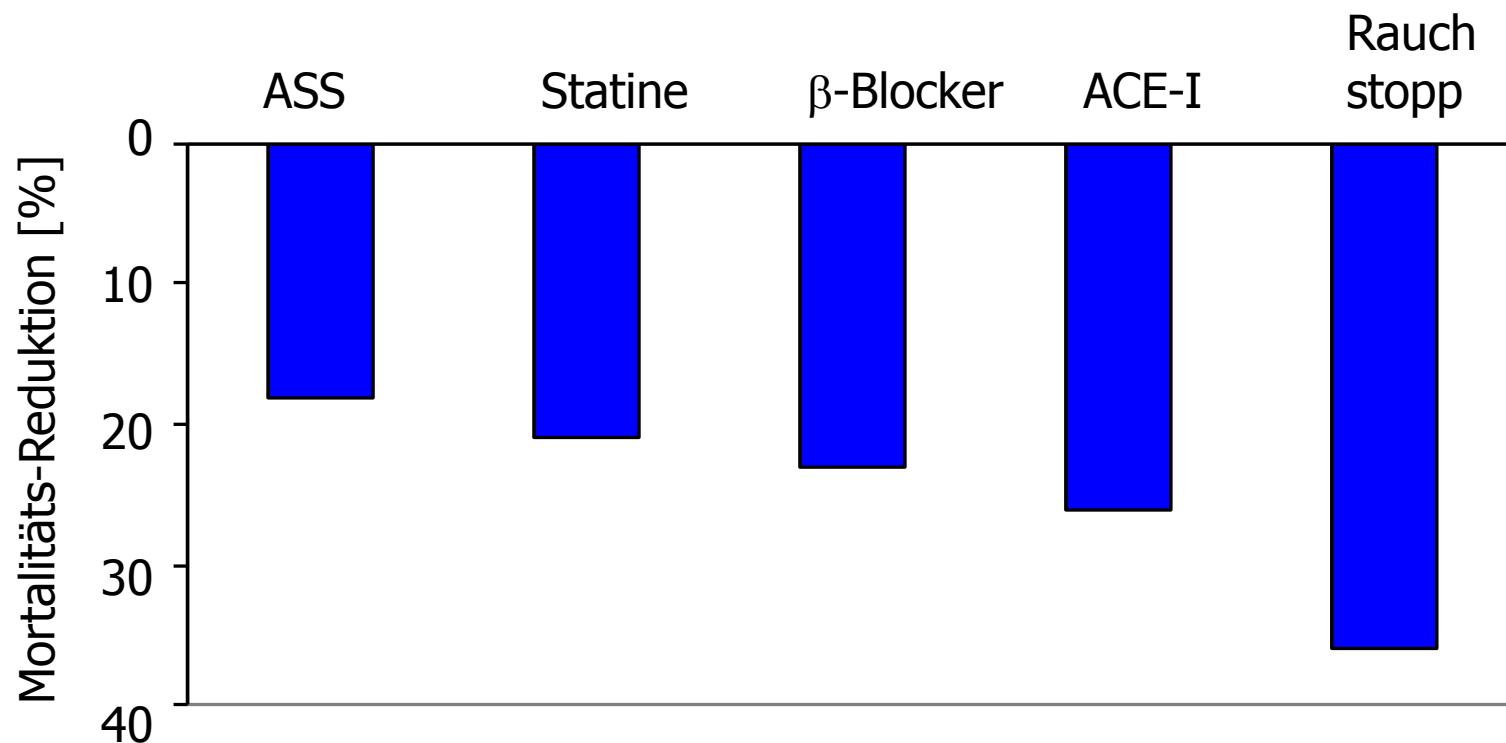
Thun, M. J., B. D. Carter, et al. (2013). "50-year trends in smoking-related mortality in the United States." N Engl J Med 368(4): 351-364.



Herzinfarkt und cardiovaskuläre Ereignisse



Herzinfarkt: Effektivität unterschiedlicher Interventionen



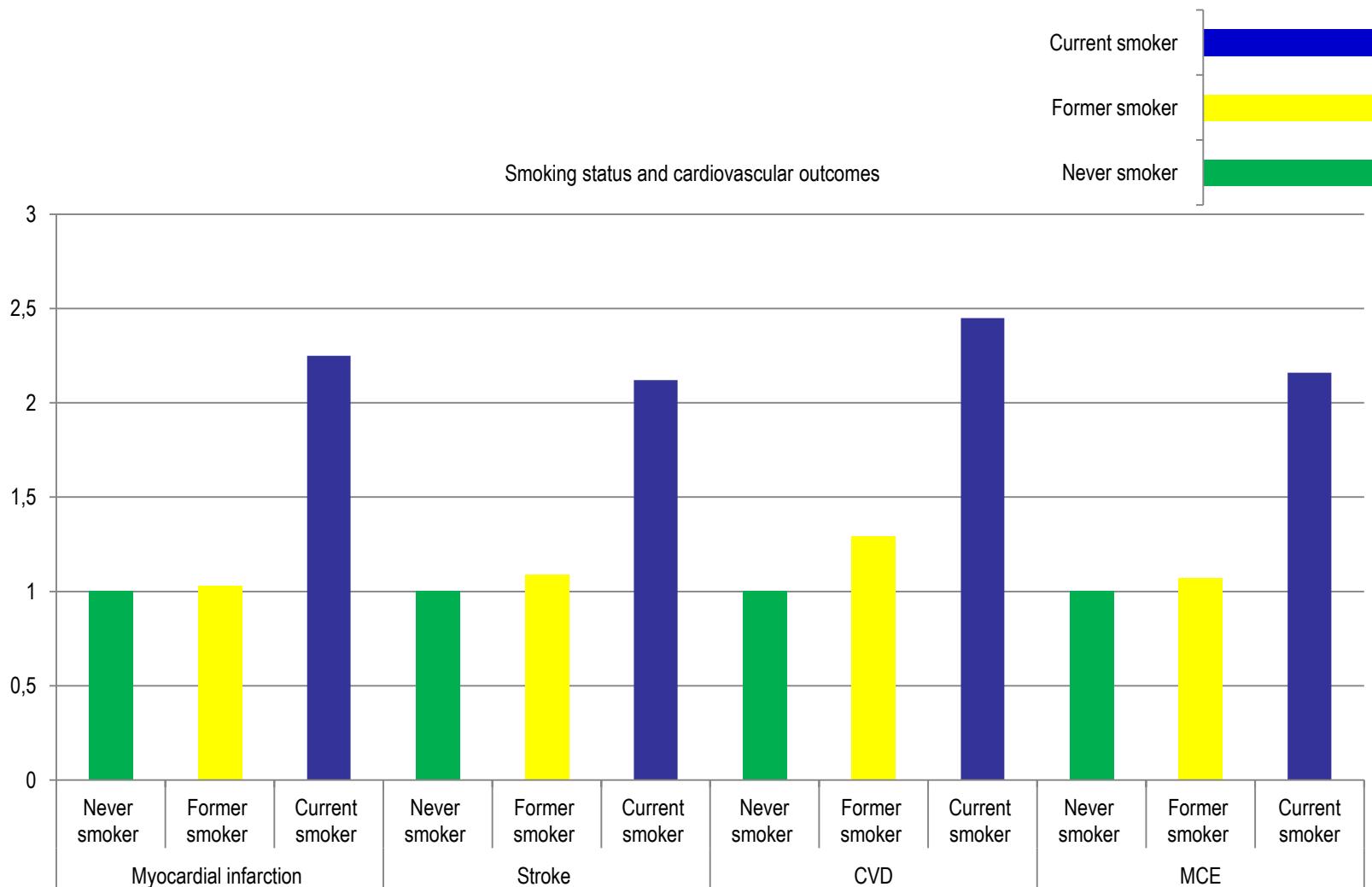
Weisman et al. Arch Intern Med 2002; 162: 2197-2202; LaRosa et al. JAMA 1999; 282: 2340-2346

Freemantle et al. BMJ 1999; 318: 1730-1737; Flather et al. Lancet 2000; 355: 1575-1581

Critchley & Capewell, JAMA 2003; 290: 86-97; Wilson et al., Arch Intern Med 2000; 160: 939-944



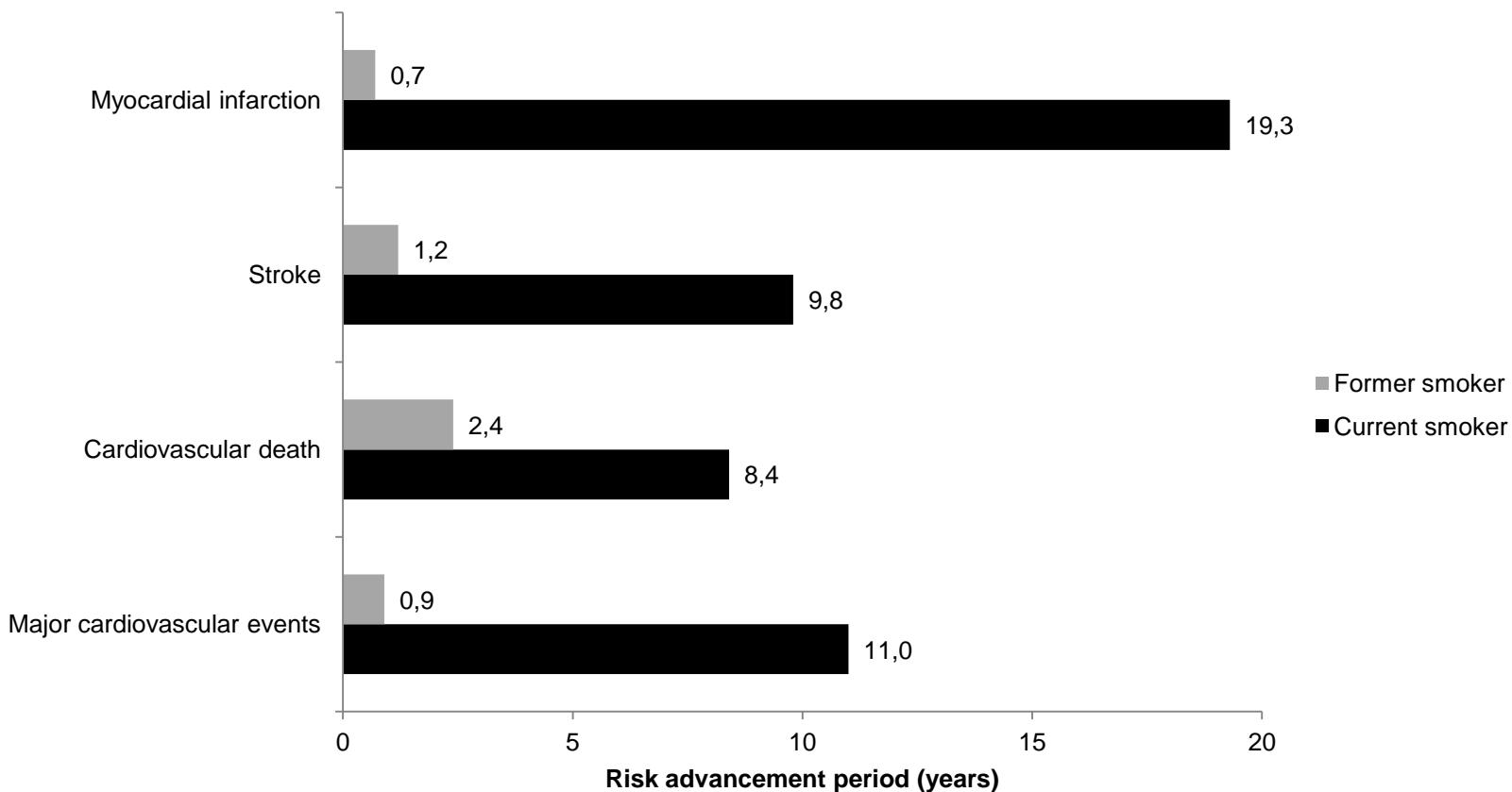
Cardiovaskuläre-Risiken (HR) und Raucherstatus



Gellert, C., B. Schottker, et al. (2013). "Impact of smoking and quitting on cardiovascular outcomes and risk advancement periods among older adults." *Eur J Epidemiol.*



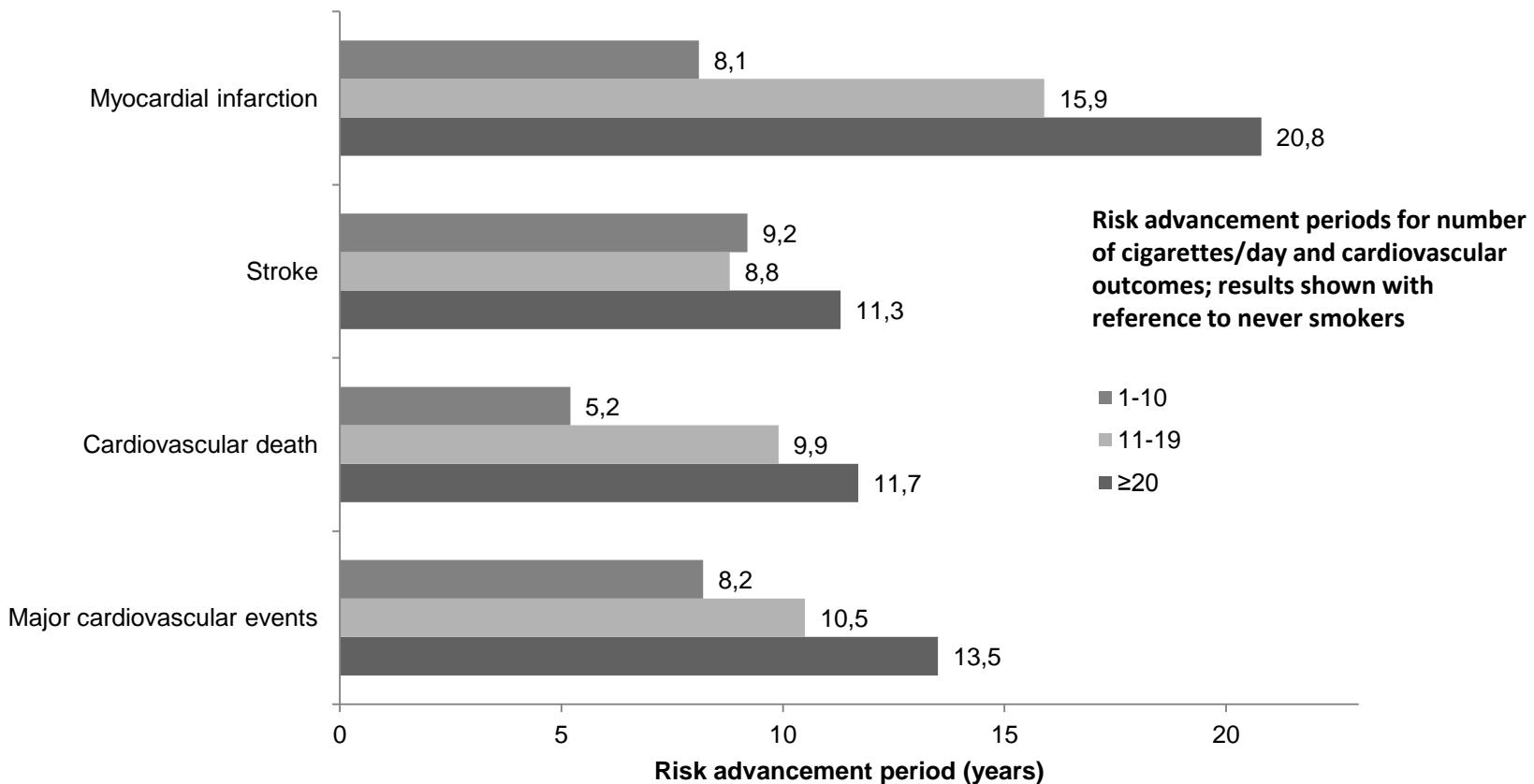
RAP – wieviel schneller kommen HI, Apoplex, Tod ...?



Gellert, C., B. Schottker, et al. (2013). "Impact of smoking and quitting on cardiovascular outcomes and risk advancement periods among older adults." *Eur J Epidemiol.*



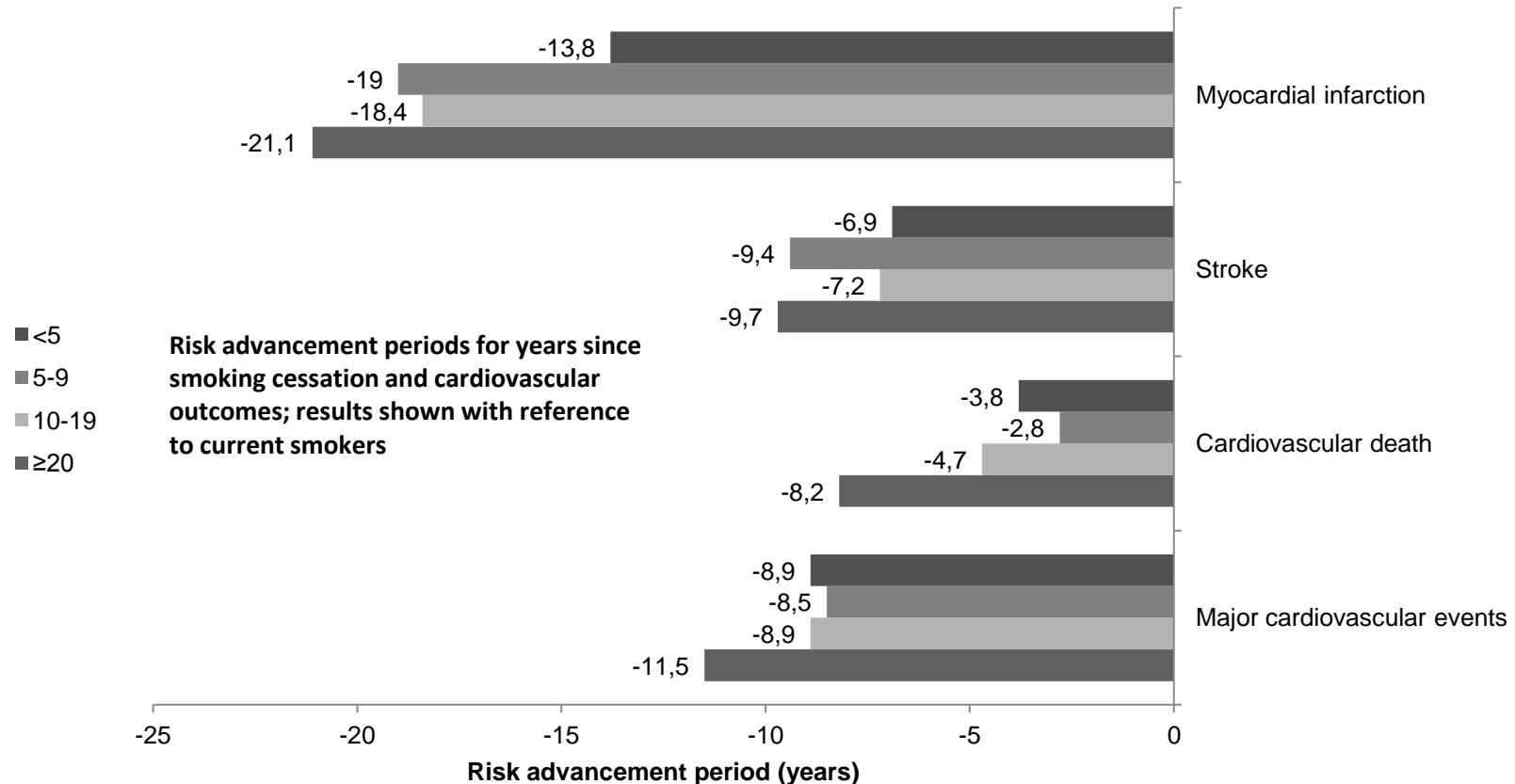
RAP und Dosis: je mehr Zigaretten, desto schneller kommen die Folgen



Gellert, C., B. Schottker, et al. (2013). "Impact of smoking and quitting on cardiovascular outcomes and risk advancement periods among older adults." *Eur J Epidemiol.*



Reversible Gefahr: Rauchstopp verschiebt die Risiken schnell



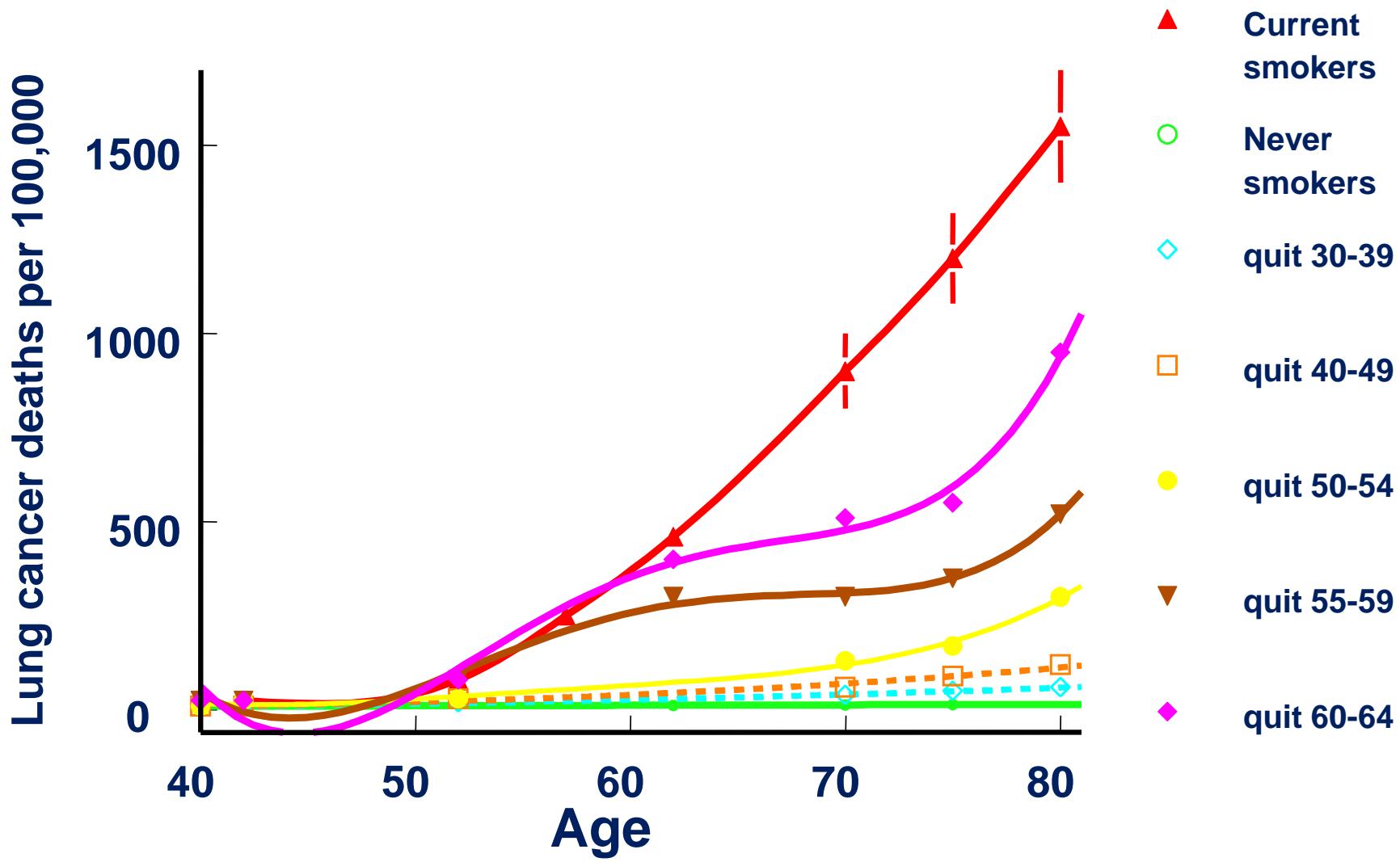
Gellert, C., B. Schottker, et al. (2013). "Impact of smoking and quitting on cardiovascular outcomes and risk advancement periods among older adults." *Eur J Epidemiol.*



Lungenkrebs



Lung cancer risk by age of quitting



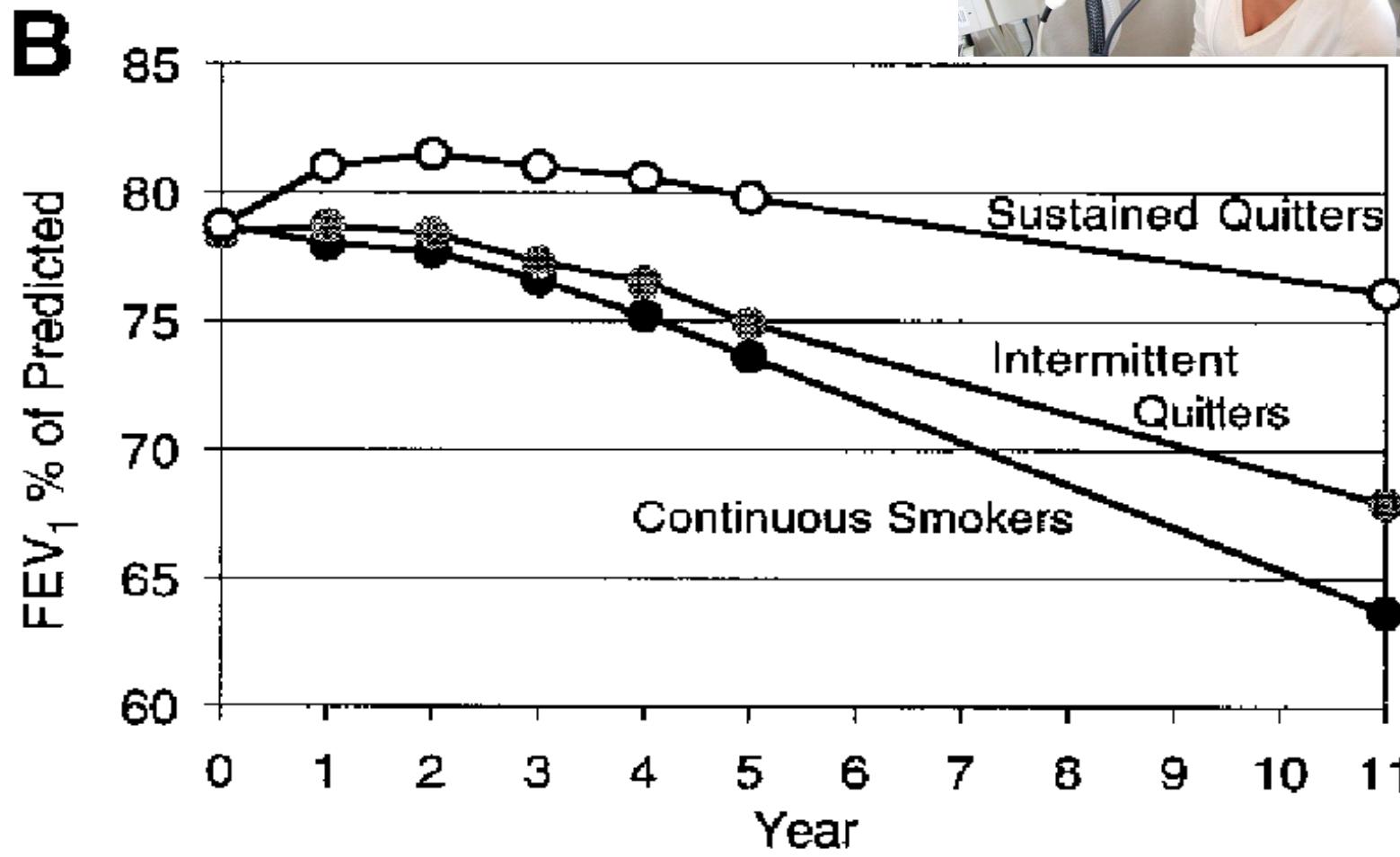
Halpern, M. T., B. W. Gillespie, et al. (1993). "Patterns of absolute risk of lung cancer mortality in former smokers." *J Natl Cancer Inst* 85(6): 457-464.



COPD/Lungenemphysem



rate of FEV1-loss



Anthonisen, N.R., J.E. Connell, and R.P. Murray, *Smoking and lung function of Lung Health Study participants after 11 years*. Am J Respir Crit Care Med, 2002. **166**(5): p. 675-9.



WBC

Hs-CRP

TNF α

IL-8

IL-6

Fibrinogen

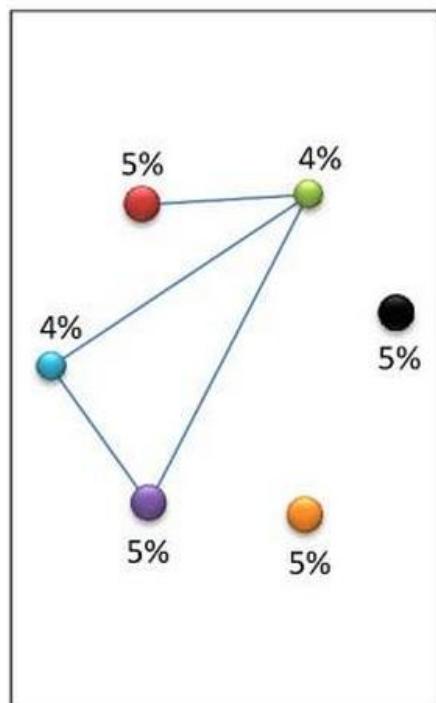
1-5% —————

6-10% —————

11-15% —————

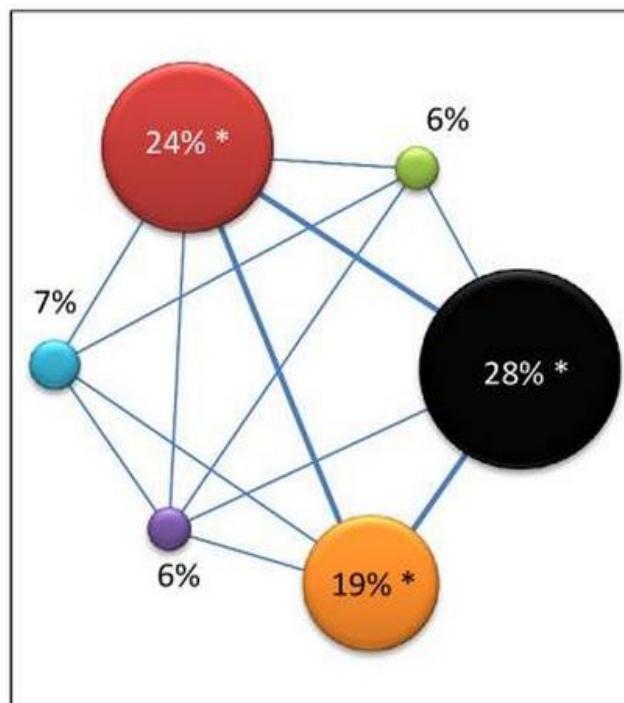
Non-smokers

(n=202)

**Smokers**

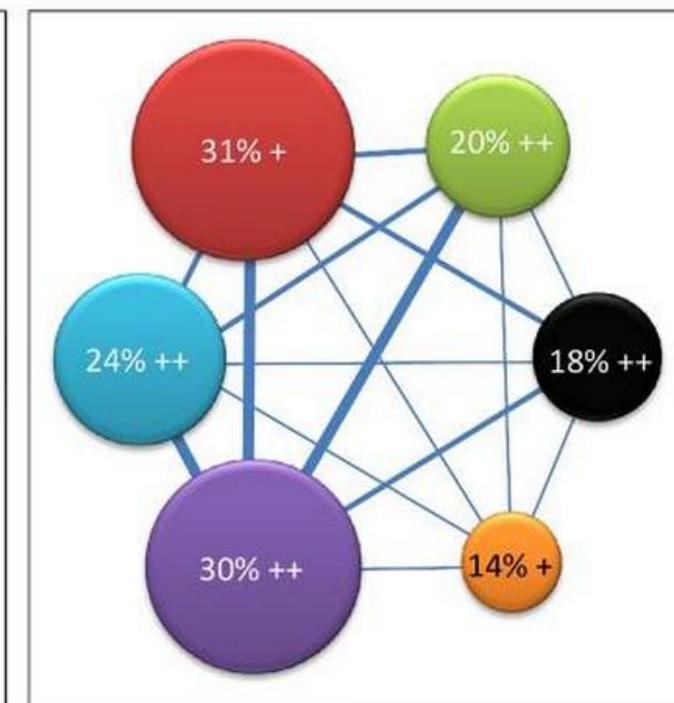
(n=297)

63% current smokers

**COPD**

(n=1755)

36% current smokers



* p<0.001 vs. Non-smokers

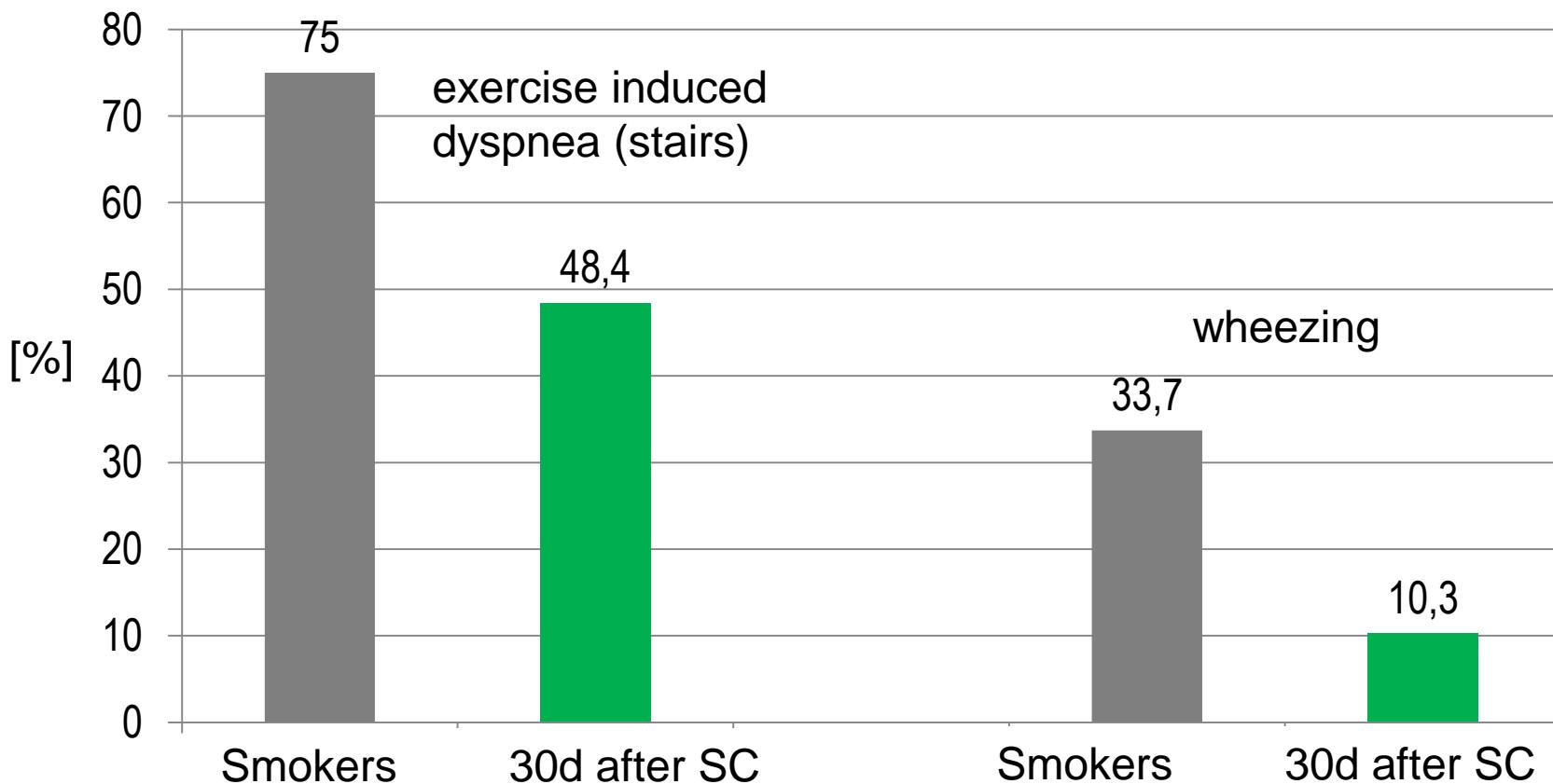
+ p<0.05; ++ p<0.001 vs. Smokers

Agusti, A., L. D. Edwards, et al. (2012).

"Persistent systemic inflammation is associated with poor clinical outcomes in COPD: a novel phenotype." PLoS One 7(5): e37483.



Dyspnea and wheezing

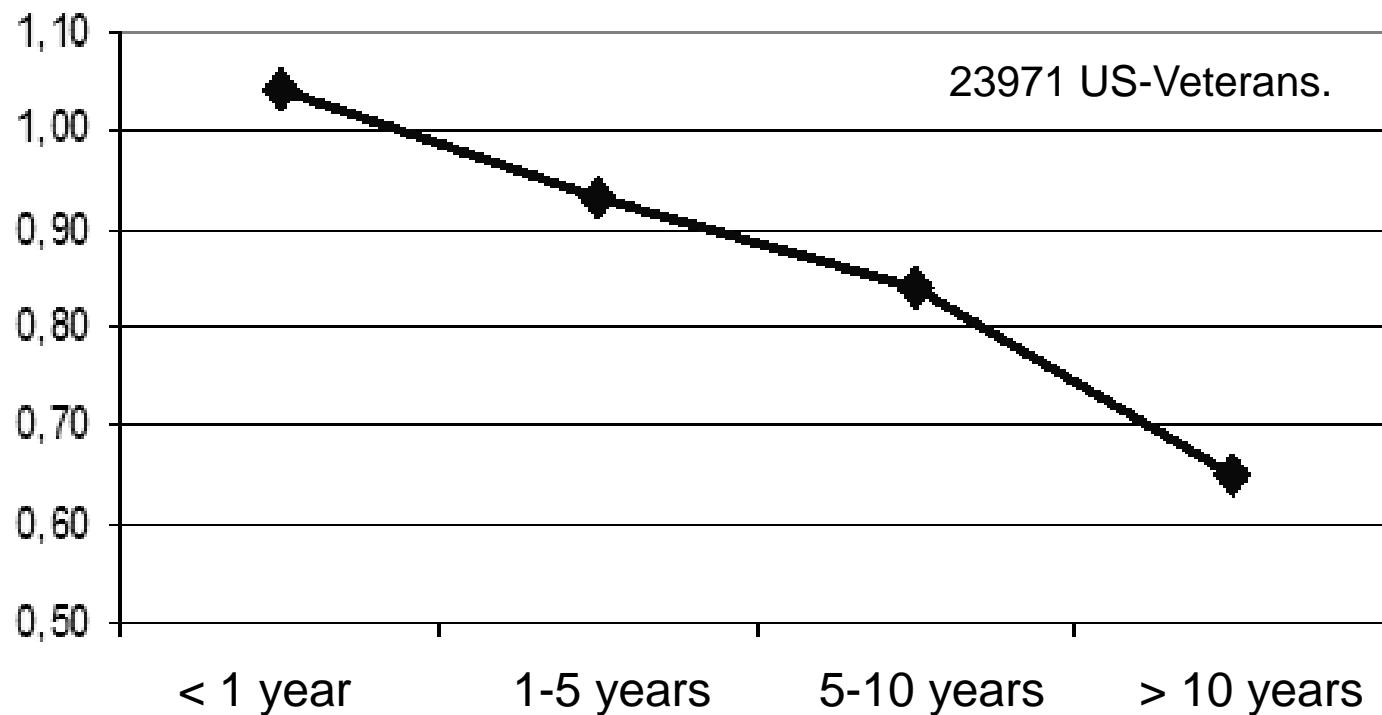


Etter, J.F., *Short-term change in self-reported COPD symptoms after smoking cessation in an internet sample*. Eur Respir J, 2010. **35**(6): p. 1249-55

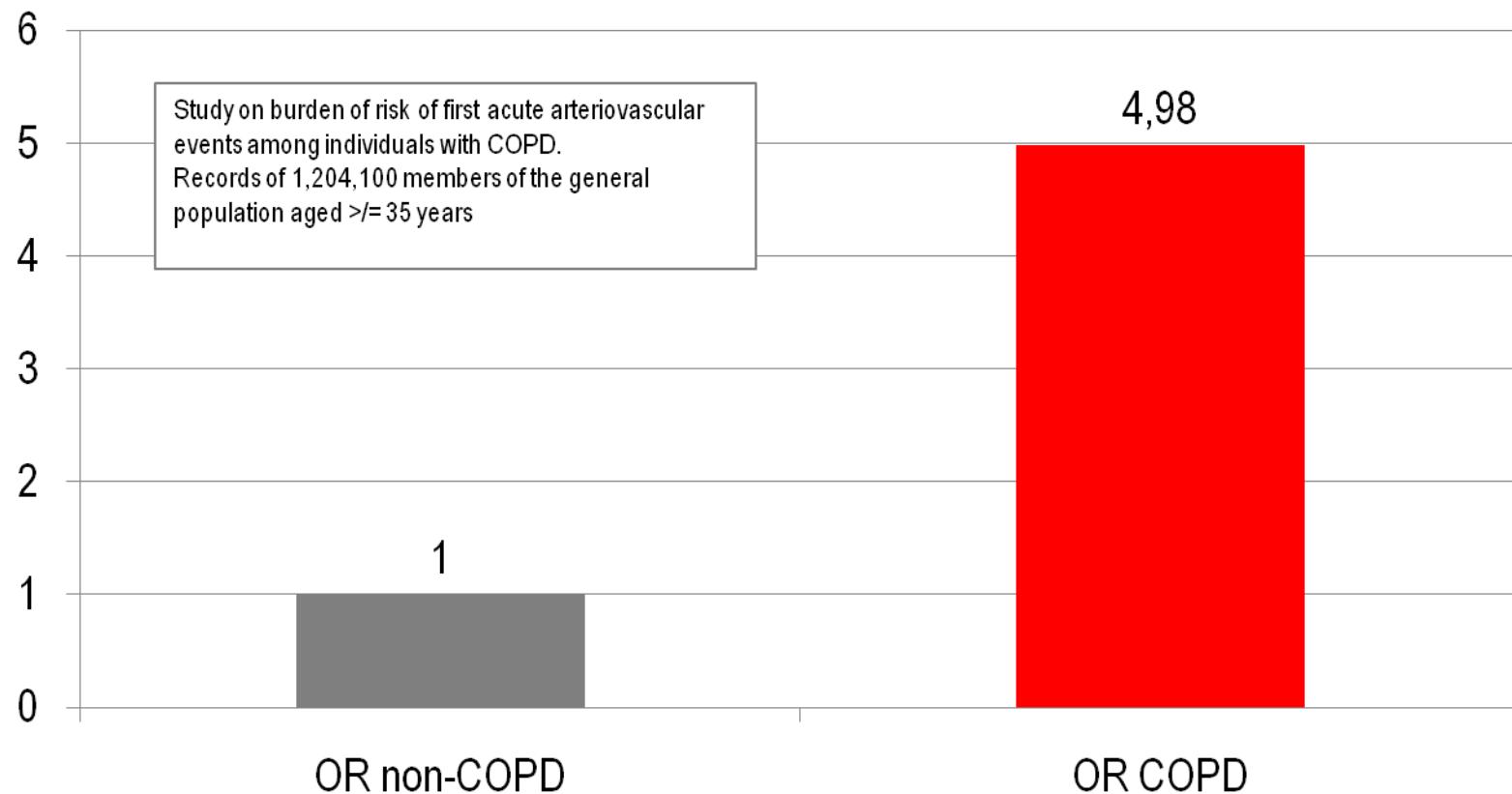


Exacerbations

HR of exacerbation

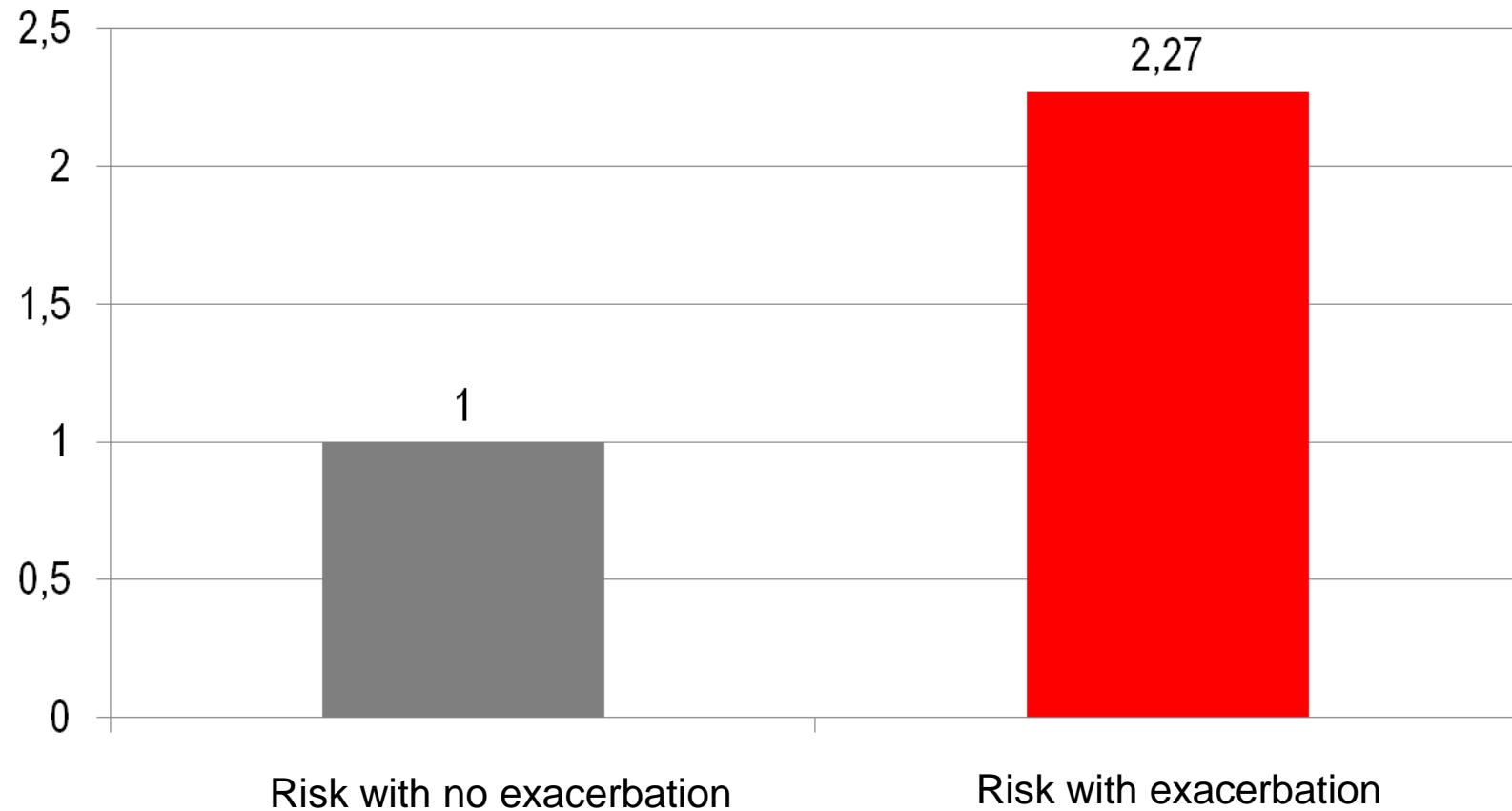


COPD and cardiovascular risk



Feary, J.R., et al., *Prevalence of major comorbidities in subjects with COPD and incidence of myocardial infarction and stroke: a comprehensive analysis using data from primary care*. Thorax, 2011. **65**(11): p. 956-62.

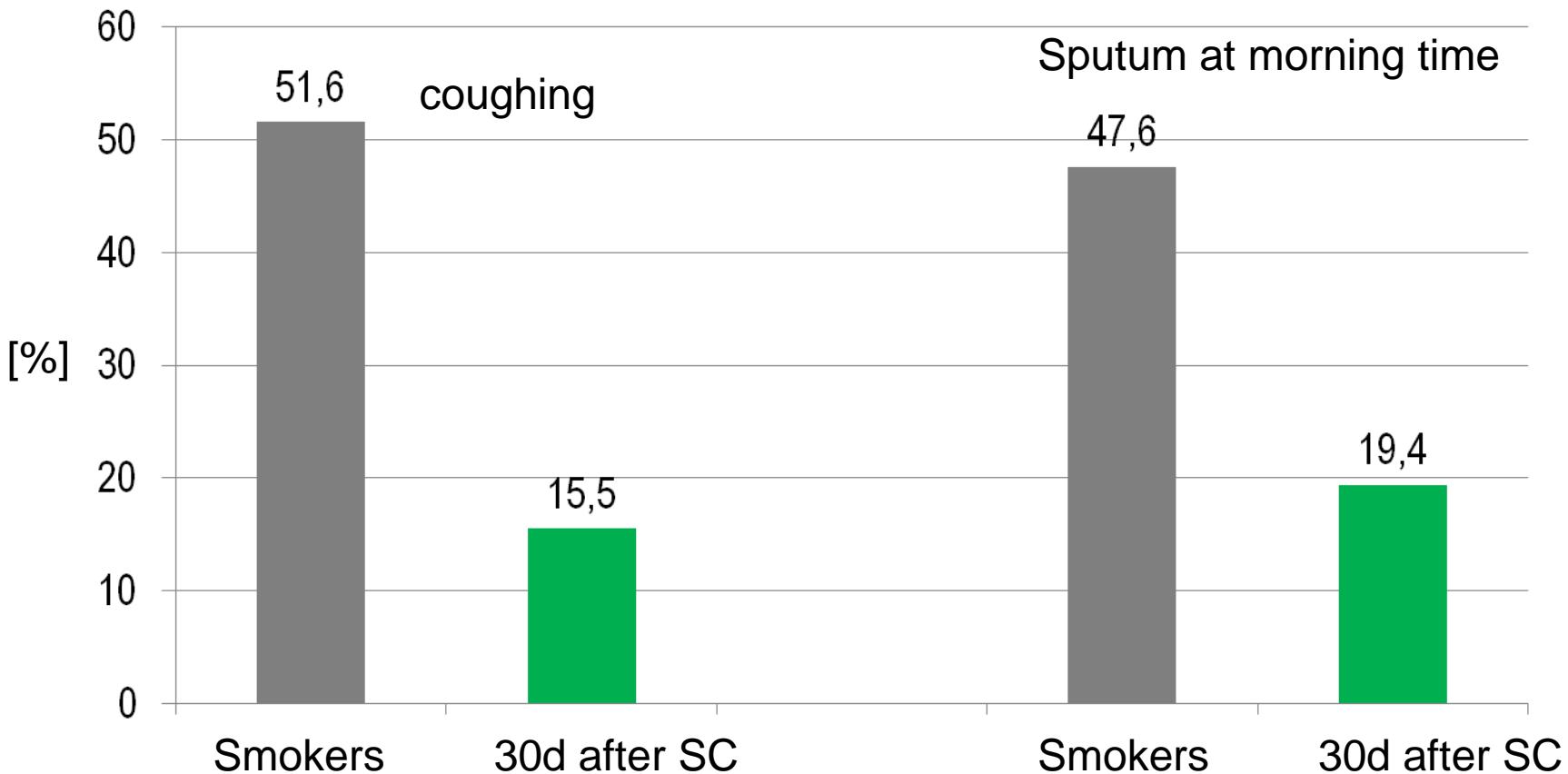
Exacerbations and risk of MI



Donaldson, G.C., et al., *Increased risk of myocardial infarction and stroke following exacerbation of COPD*. Chest, 2010. 137(5): p. 1091-7



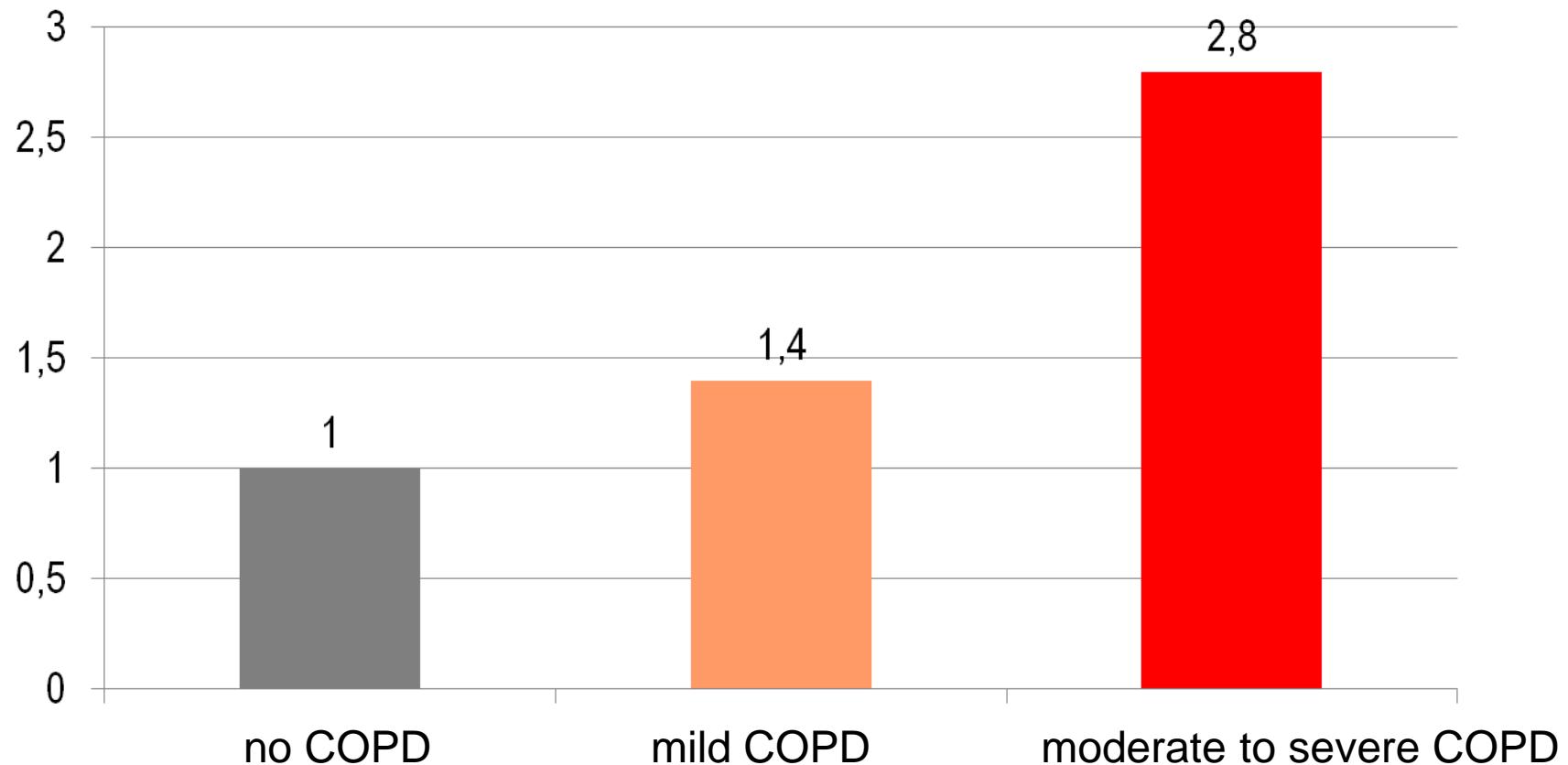
coughing



Etter, J.F., *Short-term change in self-reported COPD symptoms after smoking cessation in an internet sample*. Eur Respir J, 2010. **35**(6): p. 1249-55



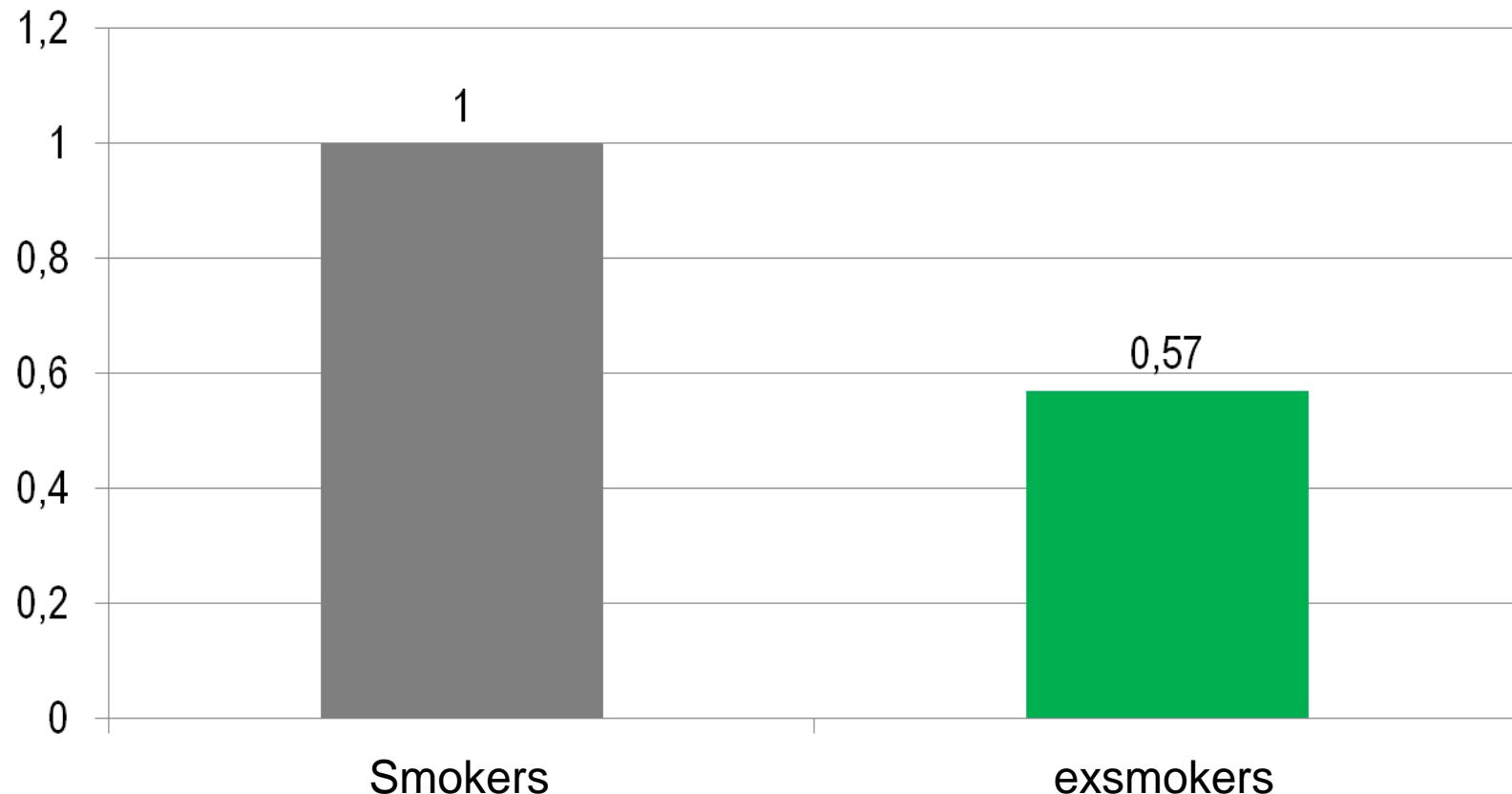
risk of bronchial carcinoma



Mannino, D.M., et al., *Low lung function and incident lung cancer in the United States: data From the First National Health and Nutrition Examination Survey follow-up*. Arch Intern Med, 2003. 163(12): p. 1475-80

hospitalisation

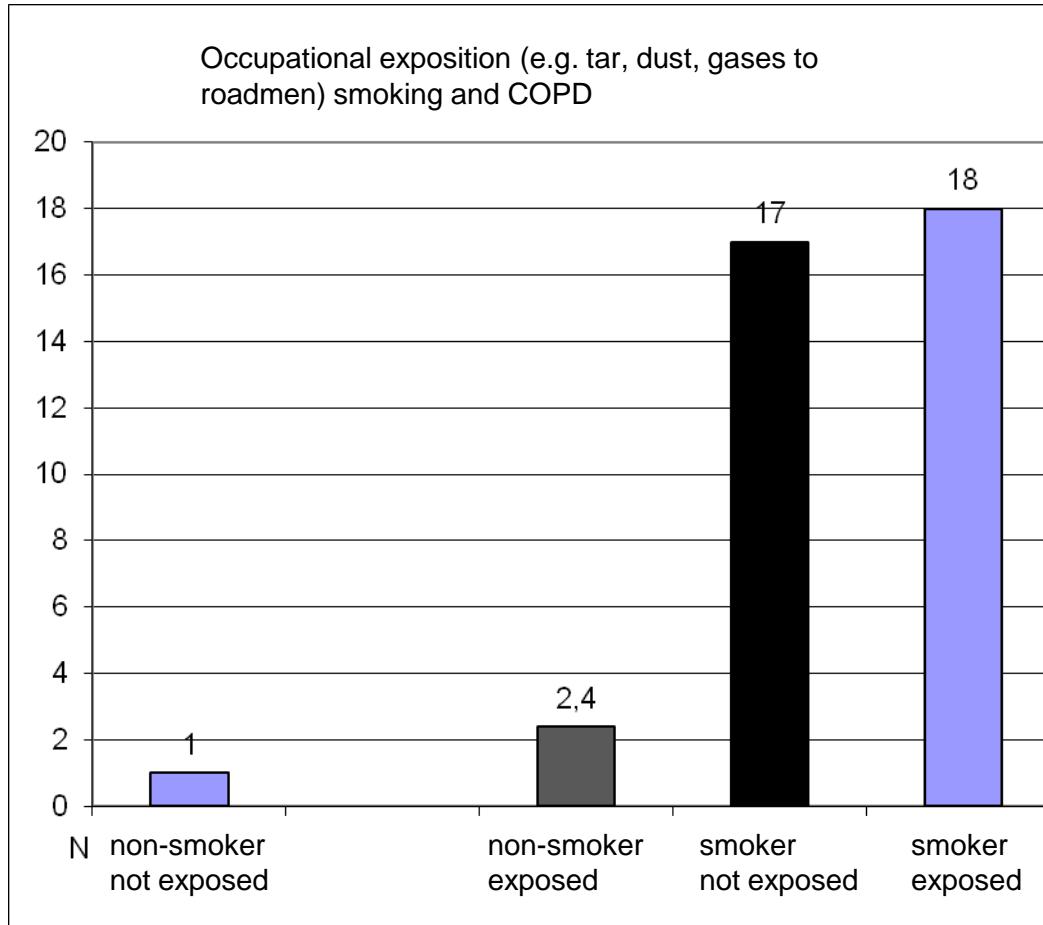
N = ca. 20.000 (14 years observation)



Godtfredsen, N.S., et al., *Risk of hospital admission for COPD following smoking cessation and reduction: a Danish population study*. Thorax, 2002. **57**(11): p. 967-72



Contribution by occupational risks?

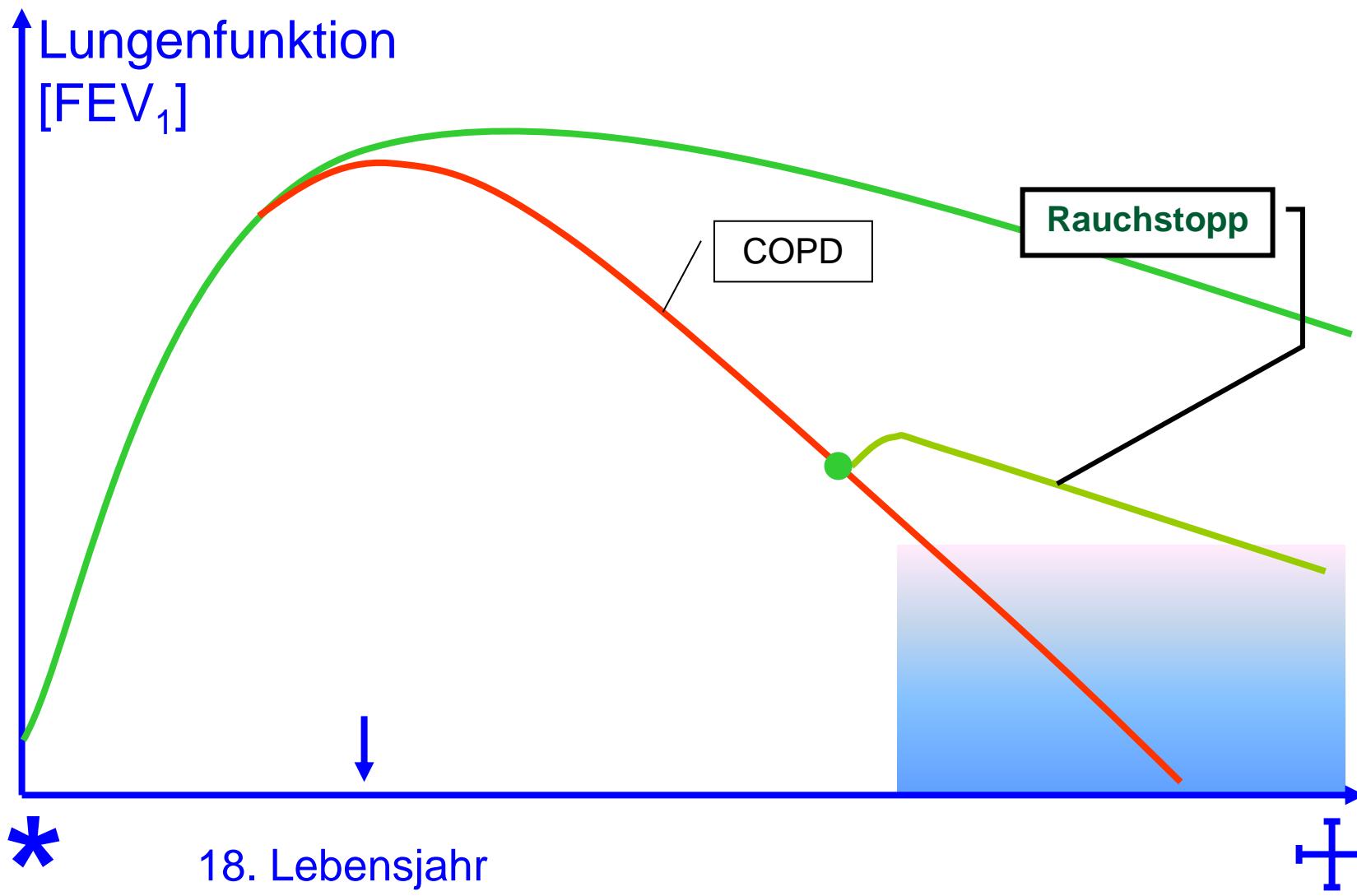


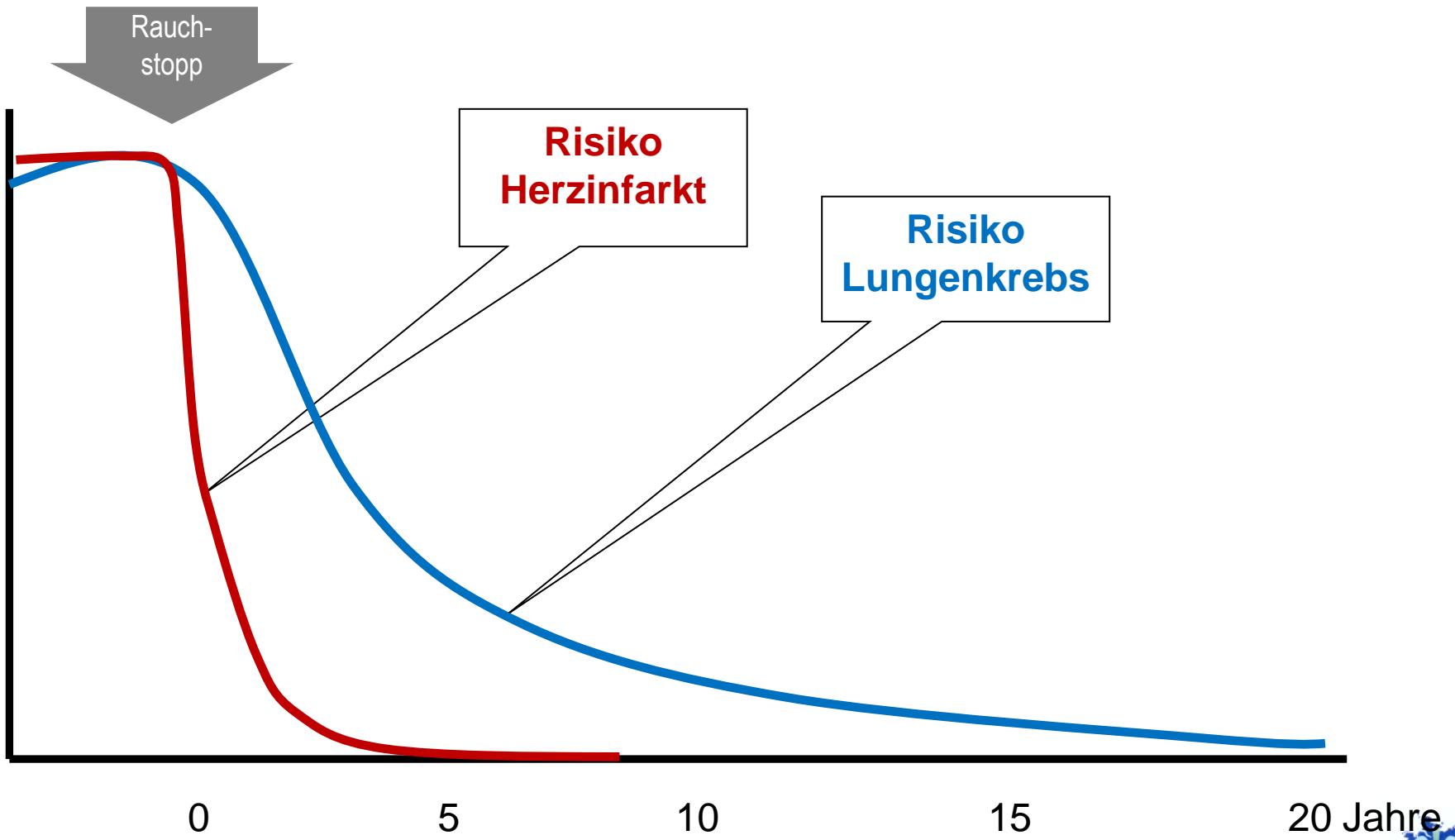
Fishwick, D., C.M. Barber, and A.C. Darby, *Chronic Obstructive Pulmonary Disease and the workplace*. *Chron Respir Dis*, 2011. 7(2): p. 113-22



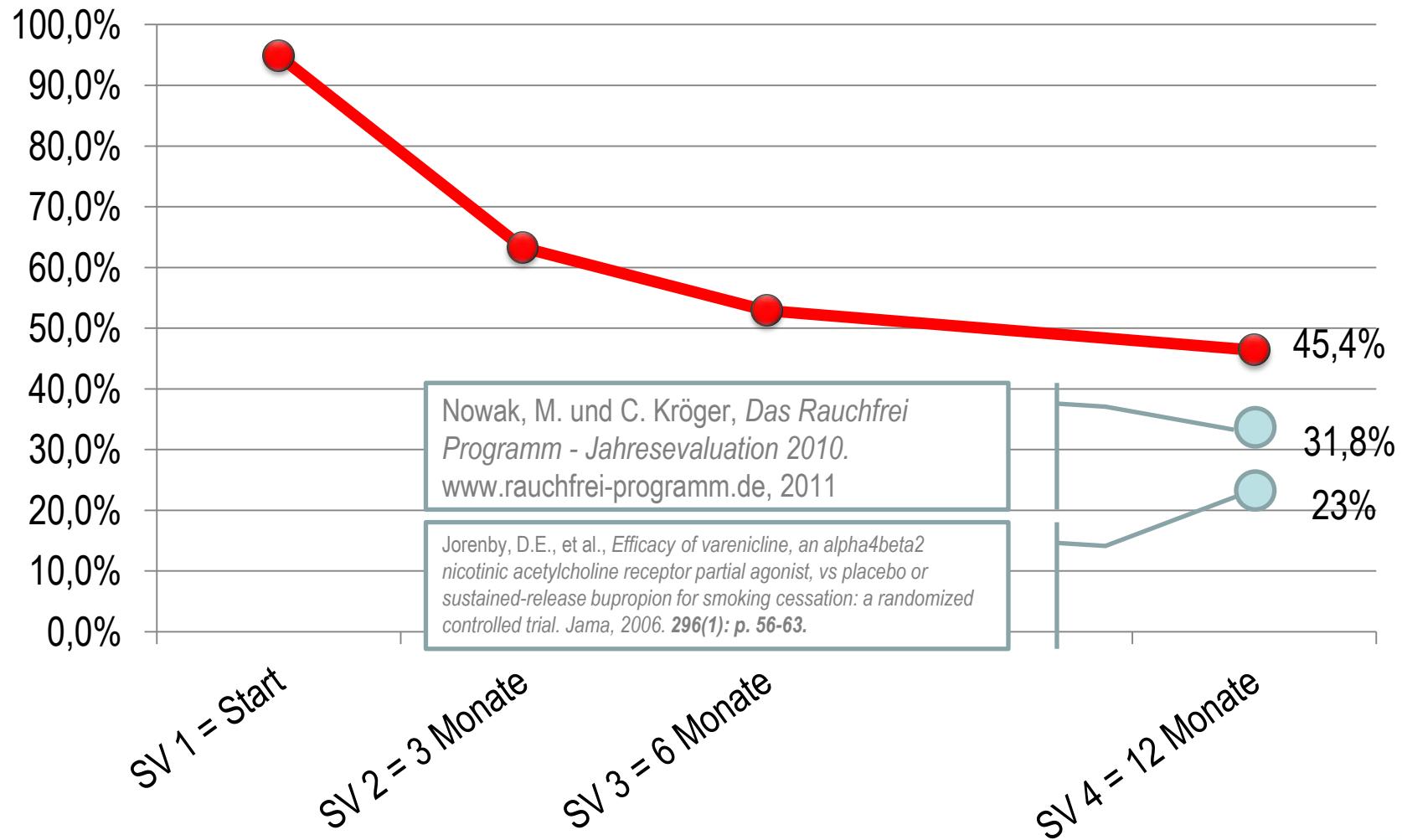
Zusammenfassung







Tabakentwöhnung: in der Arztpraxis besonders erfolgreich



Hering, T., J. Andres, et al. (2011). "[Smoking cessation in pneumological routine care]." Pneumologie **65**(11): 692-696.

