Recommendation of Smoking Cessation in an Adult Sample of the City of Rosario

Recomendación de abandono del tabaquismo en una muestra de adultos de la ciudad de Rosario

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ABSTRACT

Introduction: Smoking is the leading cause of preventable death worldwide; nevertheless, many physicians do not advice to quit smoking.

Objectives: The goal of this cross-sectional study was to evaluate the characteristics of tobacco use and the frequency of smoking cessation recommendation in adults in the city of Rosario between July and December 2010.

Methods: A closed survey was performed to adults attending the seven districts of the city of Rosario for reasons not related to health care, using a prearranged questionnaire based on non-probability convenience sampling.

Results: A total of 1,217 volunteers were surveyed; 57% were women and 11% worked in health care sectors. Mean age was 48 years; 28% were current smokers and 24% were former smokers. The median number of attempts to quit smoking was lower in former smokers (1 vs. 3 times; p < 0.0001). Of those who received advice to quit smoking, 72.5% attempted to do so during the preceding year, while 57% of those not receiving advice tried to quit smoking (p = 0.003). A multiple correspondence factor analysis with subsequent classification showed that current smokers who did not attempt cessation started smoking later in life and smoked fewer cigarettes per day.

Conclusions: The quality of the recommendation for smoking cessation and the self-perception of the risk associated with this addiction are aspects that are not systematically taken into account when this topic is raised. We consider that the present study emphasizes the importance of these aspects, which should undergo further evaluation in the future for a better approach to the complexity of achieving tobacco cessation.

Key words: Smoking Cessation -Risk Factors -Prevention -Antismoking Campaigns.

RESUMEN

Introducción: El tabaquismo es la principal causa de muerte prevenible en el mundo; pese a ello, muchos médicos no aconsejan a sus pacientes dejar de fumar.

Objetivos: Evaluar las características del consumo de tabaco y la frecuencia en la recomendación de su abandono en adultos de la ciudad de Rosario mediante un estudio transversal realizado entre julio y diciembre de 2010.

Material y métodos: Encuesta cerrada prefijada realizada mediante muestreo no probabilístico por conveniencia a individuos mayores de edad concurrentes a los siete distritos de la ciudad de Rosario, a los cuales asistían por cuestiones no relacionadas con el cuidado de su salud.

Resultados: Se encuestaron 1.217 voluntarios; el 57% fueron mujeres y el 11% trabajaban en ámbitos relacionados con la atención de la salud. La edad promedio fue de 48 años; fumaban el 28% de los encuestados y el 24% eran exfumadores. La mediana de intentos para dejar de fumar fue menor en exfumadores (1 vs. 3 veces; p<0,0001). El 72,5% de los que recibieron la recomendación de dejar de fumar durante el año precedente intentaron hacerlo, mientras que de los que no recibieron consejo lo intentó el 57% (p=0,003). Se realizó un análisis factorial de correspondencias múltiples y posterior clasificación, que mostró que los tabaquistas que no intentaron dejar de fumar comenzaron a edades mayores y consumían menos cigarrillos diarios.

Conclusions: La calidad de la recomendación de abandonar el hábito de fumar y la autopercepción del riesgo que esta adicción supone son aspectos no jerarquizados en forma sistemática al abordar esta temática. Consideramos que el presente estudio pone de relieve la importancia de estos aspectos, los cuales se deberán profundizar en el futuro para una mejor aproximación a la complejidad del logro del cese del consumo de tabaco.

Palabras clave: Tabaquismo - Factores de riesgo - Prevención - Terapia antitabáquica

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INTRODUCTION
Smoking is a common addiction and an estimated 40% of the current population between 15 and 65 years of age is a current smoker. (1-4) In our country, about 9 million people smoke, and 3 million of them smoke 25 cigarettes per day or more. Each year, 400,000 deaths related to tobacco occur. (5-7)

Smoking is a risk factor for the development of several diseases (8-13) and is responsible of more than 10% of cardiovascular deaths worldwide, producing more deaths than HIV/AIDS, alcoholism, illegal drugs and car accidents. (14) It has also been demonstrated that tobacco cessation is always beneficial, independently of the severity of the damage already generated in a person. (15-23) However, several studies have demonstrated that a significant proportion of current smokers “disbelieve” the real risk they are exposed to, irrespectively of their education level. (24-26) In 2004, The TAMARA trial (27), including 6,497 physicians from Argentina, reported that 30% were current smokers and 22.4% were former smokers.

Successful smoking cessation is associated with the degree of physician advice to quit smoking; (28, 29) however, in the TAMARA trial, a significant proportion of doctors who smoked did not routinely advise their patients to stop the habit. (27) For this reason, we decided to investigate this problem to evaluate the characteristics of smoking habits in a sample of adults in the city of Rosario and estimate the impact of smoking cessation recommendation given by any physician previously in contact with the survey respondents.

METHODS
We conducted a cross-sectional study in the city of Rosario between July and December 2010. A non-probability convenience sample of 1,217 adults attending the seven districts of the city for reasons not related with health care issues were surveyed. A closed prearranged questionnaire was administered by medical students of the Universidad Nacional de Rosario who were completing a mandatory internship required for the completion of the career. This study was developed in the setting of the community outreach and research project “Less salt, more life”, that was previously developed in the setting of the community outreach and health care initiative “Rosario de Salud”.

The protocol was reviewed and approved by the Ethical Board of each institution, excluding the informed consent of the survey respondents. The identity of the survey respondents was masked and the authors expressed their adherence to the habeas data law (Argentine Republic N° 25.326).

RESULTS
Fifty seven percent of the survey respondents were women, 73% had health insurance and 60% were treated in private institutions. Eleven percent of the participants worked in health care sectors and 65% had at least completed the secondary level of education. The average age of the participants was 48.5 ± 16.9 years. Among the survey respondents, 28% were current smokers, 24% were former smokers and the rest of the participants had never smoked. Non-smokers age was 48.6 ± 18.2 years, that of current smokers was 43.24 ± 15.50 years and of former smokers 54 ± 14.6 years (p < 0.001). The average age current and former smokers started smoking was similar (18.4 ± 7.1 years vs. 18 ± 5.6 years, respectively; p = 0.510). There were no significant differences in the maximal level of education reached between the members of the three groups (p = 0.142). The correlations be-
between the age the participants started smoking and the number of cigarettes smoked per day were calculated in current smokers (r = 0.098, p = 0.071) and former smokers (r = -0.231, p = 0.0001).

The number of attempts to quit smoking was lower in former smokers compared to current smokers (p < 0.0001; median former smokers: 1 attempt; median current smokers: 3 attempts).

Among current smokers (n = 337), only 59% reported having received advice to quit smoking from any physician contacted during the previous year. In this group, 66% reported attempting to stop smoking. Of those who received advice to quit smoking within the last year, 72.5% attempted to do so, while 57% of those not receiving advice tried to quit smoking (p = 0.003).

The structure of the data was simultaneously described using the multiple correspondence analysis. Figure 1 shows the plot of factorial axes resulting from the correspondence analysis where the representative points of the variable categories and their reciprocal positions can be analyzed on a plane divided in quadrants. The different modalities of the variables were placed, from left to right, accompanying smokers who never attempted to quit the habit or who failed to do so up to former smokers.

When typology was constructed, five classes of individuals were identified grouping units of analysis with similar characteristics (Table 1). Class 1 grouped current smokers who started smoking at 15 to 30 years of age, had not attempted to quit smoking, smoked less than 20 cigarettes and had health insurance. Class 2 was formed by current smokers with university level of education, who had tried to quit smoking between 2 and 3 times but did not succeed, had received medical advice, smoked less than 20 cigarettes per day and had health insurance. Class 3 included non-smokers, with university level of education, who worked in the health care sector, were not treated in the public health care system and had health insurance. Class 4 consisted of non-smoking women with a primary level of education, who were treated in the public health care system, did not have health insurance and did not work in the health care sector. Finally, class 5 included former smoking men who had smoked 20 cigarettes per day or more, had complete secondary level of education, had attempted to quit smoking 1-3 times, were not treated in the public health care system and had health insurance.

Figure 2 shows the units of analysis according to the cluster they belong to: class 1 at the left, followed by class 2, class 3 in the upper center of the diagram, class 4 in the lower part of the diagram, and class 5 at the right, coincidental with the modalities of the variables shown in Figure 1.

In summary, the results of the multidimensional analyses showed that most smokers who attempted to quit but did not succeed, had university level of education and had received medical advice, while those who quit smoking were men and heavy smokers (> 20 cigarettes per day), with secondary level of education. Conversely, non-smokers had university level of education and worked in the health care sector, while another group of non-smokers were women with primary level of education, did not work in the health care sector and had no health insurance. Moreover, smokers who never attempted to quit started smoking later in life than former smokers (15-30 years vs. 10-30 years) and smoked fewer cigarettes per day (p < 0.0001).

### DISCUSSION

The rate of smoking habits is our study was 28% and was similar to that found in other studies and in two national surveys of risk factors for non-transmissible diseases. (27, 31) The fact that almost half of the smokers had not received medical advice to stop smoking deserves special attention. Our study restricted this answer to the year before the survey was performed, so some type of bias may be present, as the fact of having received advice in the past years or of not having contact with any physician during the period considered. However, recall biases could have occurred in both ways if the question had not had a temporal restriction. Nevertheless, it is well known that the success in tobacco cessation is related to the frequency of medical advice and with the number of attempts to do so. (32-36) Therefore, recommendations to quit...
smoking should be given during every medical consultation, independently of the physician’s specialty, and smokers should be encouraged to contact healthcare professionals in order to implement the corresponding strategies. (36)

It has been suggested that the quality of the recommendation for tobacco cessation should be optimized to obtain better outcomes; (32, 33, 36) however, the best approach to achieve it still remains unclear. (33, 34, 36) Although this is real, we found a statistical association in our sample between any advice during the year before the survey and smokers’ attempt to quit smoking. We believe that the interventions performed are positive, independently of the physician’s formation in this topic.

However, we consider that the greatest contribution of our study derives from the multiple correspondence analysis with subsequent classification in clusters which showed that the subgroup of current smokers who did not attempt cessation had started

<table>
<thead>
<tr>
<th>Class</th>
<th>Variables</th>
<th>Characteristic modalities</th>
<th>% of modality in the class</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (n = 116, 10%)</td>
<td>Smoking addiction</td>
<td>Yes</td>
<td>100.00</td>
</tr>
<tr>
<td></td>
<td>Have you tried to quit smoking?</td>
<td>No</td>
<td>100.00</td>
</tr>
<tr>
<td></td>
<td>Number of cigarettes per day</td>
<td>&lt; 20</td>
<td>68.97</td>
</tr>
<tr>
<td></td>
<td>Starting age</td>
<td>15-30 years</td>
<td>81.03</td>
</tr>
<tr>
<td>2 (n = 185, 15%)</td>
<td>Smoking addiction</td>
<td>Yes</td>
<td>97.30</td>
</tr>
<tr>
<td></td>
<td>Highest level of education</td>
<td>Incomplete university education</td>
<td>18.38</td>
</tr>
<tr>
<td></td>
<td>Have you tried to quit smoking?</td>
<td>Yes</td>
<td>100.00</td>
</tr>
<tr>
<td></td>
<td>Number of attempts to quit smoking</td>
<td>2-3</td>
<td>42.16</td>
</tr>
<tr>
<td></td>
<td>Have you received advice to quit smoking from your primary care physician?</td>
<td>Yes</td>
<td>75.68</td>
</tr>
<tr>
<td></td>
<td>Number of cigarettes per day</td>
<td>&lt; 20</td>
<td>70.81</td>
</tr>
<tr>
<td></td>
<td>Starting age</td>
<td>15-20 years</td>
<td>70.82</td>
</tr>
<tr>
<td></td>
<td>Health insurance</td>
<td>Yes</td>
<td>81.08</td>
</tr>
<tr>
<td>3 (n = 405, 33%)</td>
<td>Smoking addiction</td>
<td>No</td>
<td>97.53</td>
</tr>
<tr>
<td></td>
<td>Highest level of education</td>
<td>Incomplete or complete university education</td>
<td>56.73</td>
</tr>
<tr>
<td></td>
<td>Are you treated in the public health care system?</td>
<td>No</td>
<td>90.12</td>
</tr>
<tr>
<td></td>
<td>Health insurance</td>
<td>Yes</td>
<td>97.78</td>
</tr>
<tr>
<td></td>
<td>Do you work in the health care sector?</td>
<td>Yes</td>
<td>15.06</td>
</tr>
<tr>
<td>4 (n = 306, 25%)</td>
<td>Smoking addiction</td>
<td>No</td>
<td>63.73</td>
</tr>
<tr>
<td></td>
<td>Gender</td>
<td>Female</td>
<td>64.71</td>
</tr>
<tr>
<td></td>
<td>Highest level of education</td>
<td>Complete or incomplete primary education</td>
<td>53.59</td>
</tr>
<tr>
<td></td>
<td>Are you treated in the public health care system?</td>
<td>Yes</td>
<td>97.06</td>
</tr>
<tr>
<td></td>
<td>Health insurance</td>
<td>No</td>
<td>76.47</td>
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<tr>
<td></td>
<td>Do you work in the health care sector?</td>
<td>No</td>
<td>93.79</td>
</tr>
<tr>
<td>5 (n = 205, 17%)</td>
<td>Smoking addiction</td>
<td>Former smoker</td>
<td>100.00</td>
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<tr>
<td></td>
<td>Gender</td>
<td>Male</td>
<td>64.39</td>
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<tr>
<td></td>
<td>Highest level of education</td>
<td>Complete secondary education</td>
<td>34.15</td>
</tr>
<tr>
<td></td>
<td>Have you tried to quit smoking?</td>
<td>Yes</td>
<td>100.00</td>
</tr>
<tr>
<td></td>
<td>Number of attempts to quit smoking</td>
<td>1-3</td>
<td>87.37</td>
</tr>
<tr>
<td></td>
<td>Have you received advice to quit smoking from your primary care physician?</td>
<td>No</td>
<td>70.73</td>
</tr>
<tr>
<td></td>
<td>Are you treated in the public health care system?</td>
<td>No</td>
<td>81.95</td>
</tr>
<tr>
<td></td>
<td>Health insurance</td>
<td>Yes</td>
<td>97.07</td>
</tr>
<tr>
<td></td>
<td>Starting age</td>
<td>10-30 years</td>
<td>48.78</td>
</tr>
<tr>
<td></td>
<td>Number of cigarettes per day</td>
<td>&gt; 20</td>
<td>49.76</td>
</tr>
</tbody>
</table>
smoking later in life and smoked less cigarettes per day. Multiple correspondence analysis exhibits a non-linear correlation between the variables; in this way, it was possible to observe the organization of the variables in a factorial plane and the proximity of the different categories with tobacco addiction. (30) After partition was made, the configuration of the classes reflected a gradient from the current smoker situation to the non-smoker situation, associated with different individual characteristics. In this way, different typologies were constructed in order to identify the possible risk situations of current smokers.

Some studies suggest that some smokers may not try to quit smoking because they disbelieve the risk they are exposed to. (37) Under this perspective, a subgroup of current smokers who smoke “few” cigarettes per day may feel a false sensation that their addiction is “safe”. Although the relation between smoking habits and pulmonary diseases and neoplasms is somehow linear with the magnitude of tobacco consumption, this does not occur with cardiovascular diseases and with the overall risk the individual is exposed to. (38, 39) Therefore, even occasional smoking represents a considerable risk, which some subjects may not consider significant.

Our study was not specifically designed to investigate smoking habits and has some limitations related with its cross-sectional nature. These results should be complemented with longitudinal follow-up studies and, eventually, with a possible qualitative investigation to triangulate the information, helping to understand in depth the complex topic here described.

CONCLUSIONS
Tobacco cessation may be one of the most important actions a current smoker may take for his/her health. Medical advice is crucial to succeed in quitting smoking. However, like other publications, our study suggests that interventions in this matter are quite insufficient. Although it is clear that medical advice has a positive impact in the attempts to give up smoking, it is evident that many subjects do not succeed. However, some individuals do not even make the attempt, which is perhaps more severe. In this sense, it is interesting to recall that the profile of the population analyzed shows that most participants had health insurance and a secondary level of education or greater. Based on a multiple correspondence analysis and subsequent classification, our study suggests that some of these individuals start smoking later in life, smoke less number of cigarettes per day and have a high level of education. Possibly, this may be due to a wrong perception of “lower risk”, a finding that should be confirmed with further follow-up studies.

Conflicts of interest
None declared. (See authors’ conflicts of interest forms in the web / Supplementary Material.)

REFERENCES


