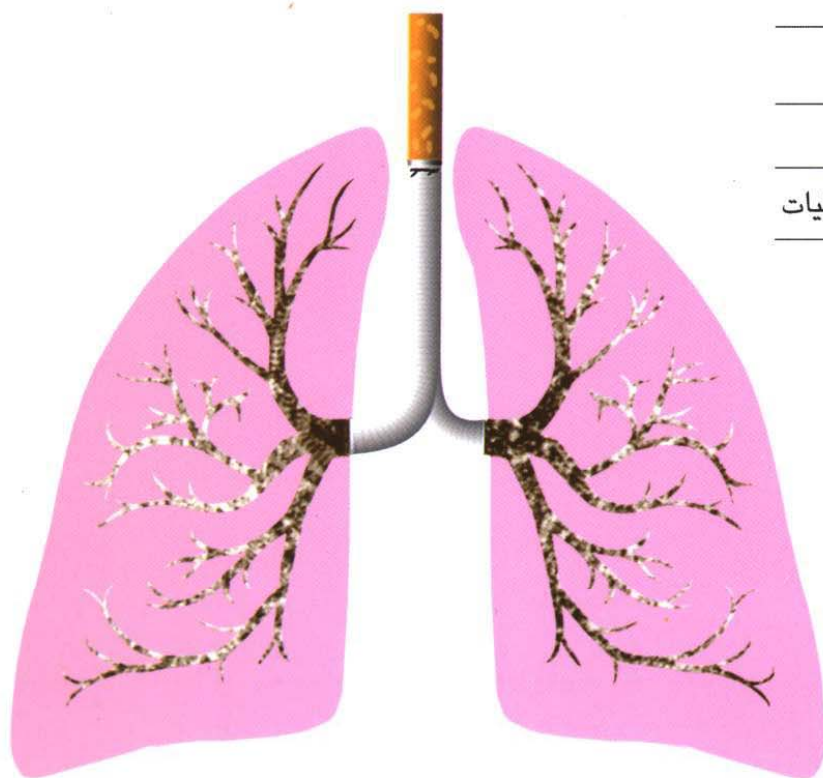


# روشهای ترک سیگار در بیماران ریوی



دانشگاه علوم پزشکی شهید بهشتی

پژوهشکده سل و بیماریهای ریوی

مرکز تحقیقات پیشگیری و کنترل دخانیات

ترجمه: پریراد سینایی

زیرنظر: دکتر محمدرضا مسجدی



## روشهای ترک سیگار در بیماران ریوی



**بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ**

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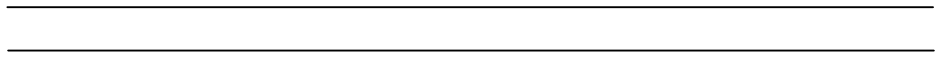
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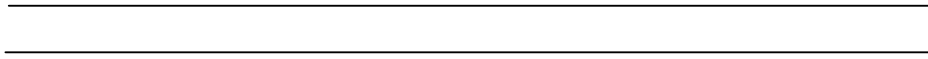
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COPD

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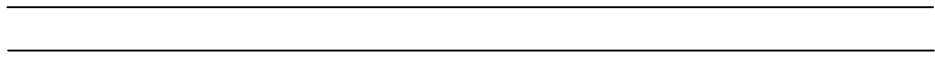
COPD

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"US Agency for Health Care Policy and Research's Clinical  
Practice Guidelines for Treating Tobacco Use and Dependence"  
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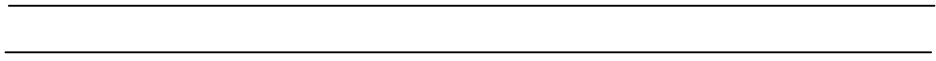
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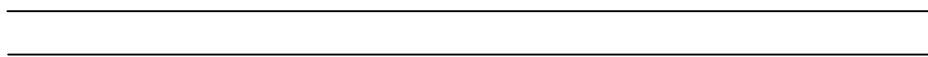
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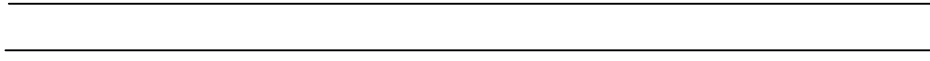


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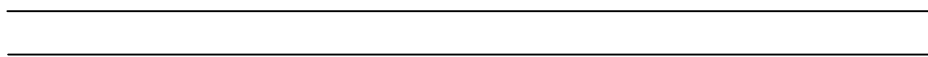
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## فصل اول

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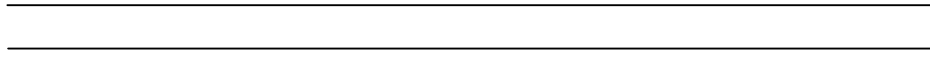
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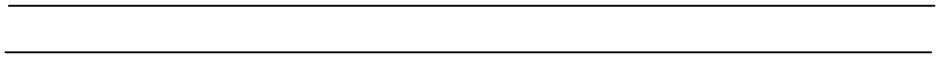
Evidence Level \*



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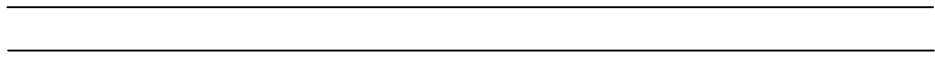
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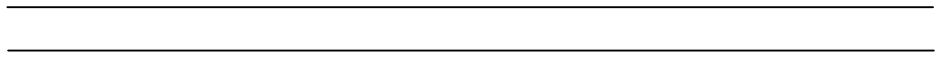
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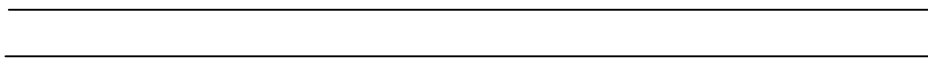
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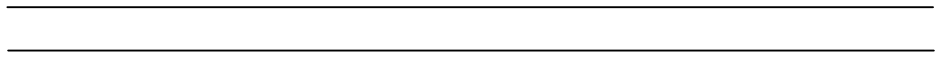
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## فصل دوہ

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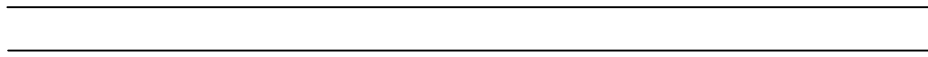
pack-yrs

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The Relative Risk Ratio \*  
US Cancer Prevention Study II \*\*  
dimensionless \*\*\*



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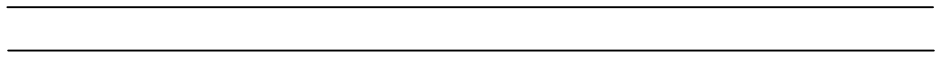
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COPD

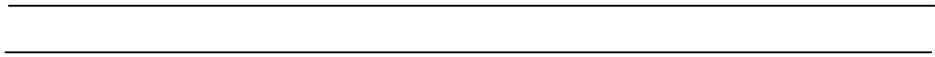
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FEV<sub>1</sub> FEV<sub>1</sub>  
FEV<sub>1</sub>  
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ml . yr<sup>-1</sup> FEV<sub>1</sub> COPD  
(LHS)  
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FEV<sub>1</sub> FEV<sub>1</sub>  
FEV<sub>1</sub> ( )  
( )  
FEV<sub>1</sub> FEV<sub>1</sub>  
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DL,CO ( )  
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COPD



COPD

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FEV<sub>1</sub>

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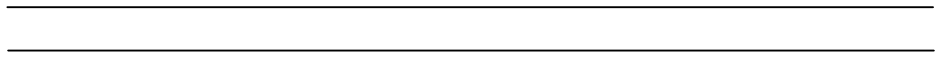
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(OR: / % CI: / / )

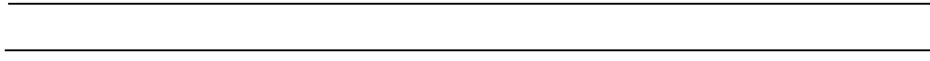
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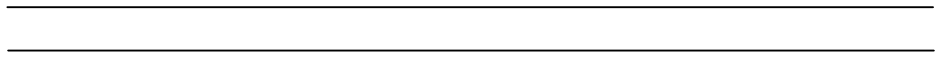
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## فصل سوم

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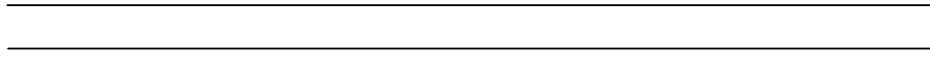
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pack-yrs ( )

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ng.ml<sup>-1</sup>

ng.ml<sup>-1</sup>

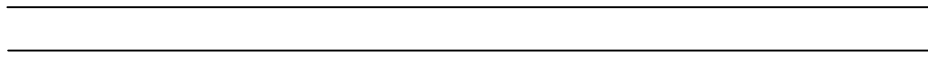
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ng.ml<sup>-1</sup>

ng.ml<sup>-1</sup>

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<p data-bbox="370 1003 386 1024">r</p> <p data-bbox="1031 1182 1128 1213">( )</p>	

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(COHb)

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COHb

ppm

( % COHb )

ppm

ppm

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COPD

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COPD

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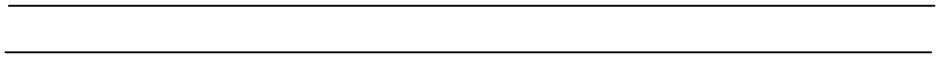
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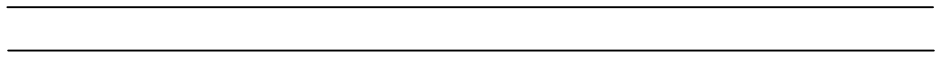
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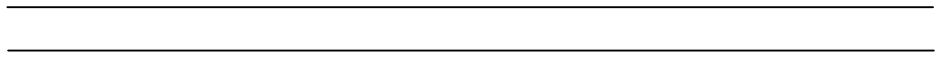


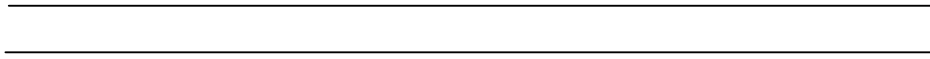
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## فصل چہارم

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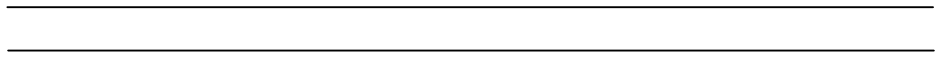


COPD

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COPD

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COPD

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COPD

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cohort

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COPD  
COPD

( )  
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COPD

.(p<0.001 / / : )

%  
% COPD

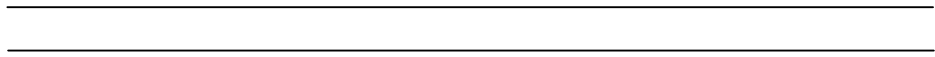
COPD  
% COPD ( )  
( )

COPD ( )  
/ )

.(p<0.0001 / ppm

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COPD  
( )



COPD

COPD

( )

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COPD

\*BMI

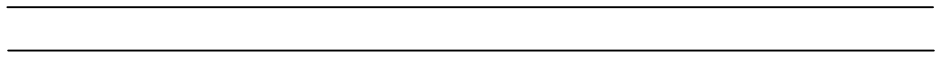
BMI COPD

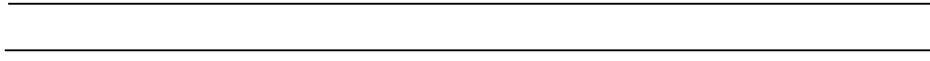
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Body Mass Index \*

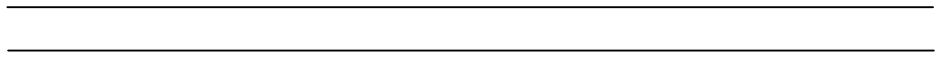


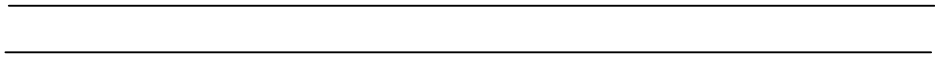




## فصل پنجم

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COPD

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( ) (OR: / , %CI: / / )

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\*BTS

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COPD

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(OR:2.17; 95%CI:1.37-3.45)

(2.04,1.60-2.60)

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(OR:1.41,95%CI:1.27-1.57)

( ) (1.21-1.47,1.33)

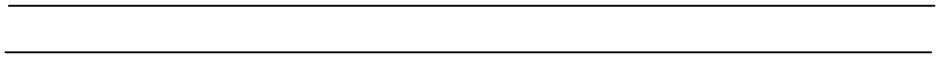
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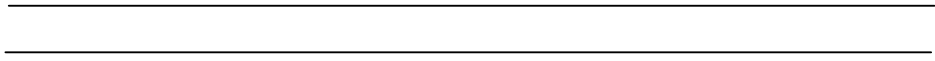
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COPD

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COPD

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COPD

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BTS

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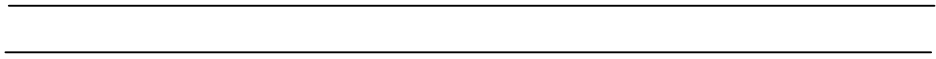
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(95 % CI : 8.3-11.3%) % /  
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BTS  
( % )  
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(n= )	( )



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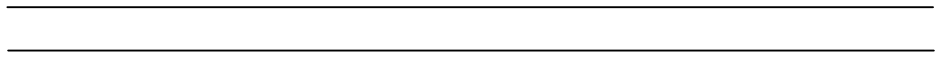
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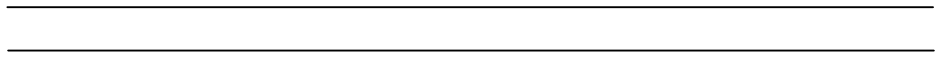


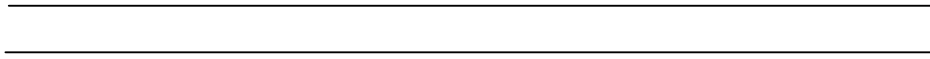
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## فصل ششم

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(NRT)  
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NRT

:(NRT)

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<p>5mg, 10mg, 15mg /16h (Nicorette®, Pfizer)          7mg, 14mg, 21mg/24h (Nicotnell®, TTS10, TTS20, TTS30, Novartis)          7mg, 14mg, 21mg/24h (NiQuitin® CQ, GSK)          2mg, 4mg (Nicorette®, Pfizer; Nicotnell®, Novartis)          2mg, (Nicorette®, Microtab®, Pfizer)          1mg (Nicotnell®, Novartis)          2mg and 4mg (NiQuitin® CQ, GSK)          10mg (Nicorette® inhalator, Pfizer)          0.5mg (Nicorette® Nasal Spray, Pfizer)</p>	
GlaxoSmithKline : GSK	:TTS

NRT

Cochrane  
 ( ) ( )  
 NRT OR=1.8 (95%CI : 1.7-1.9) NRT

NRT

Cochrane % NRT

% NRT

میزان ترک		NRT در مقابل شبه دارو		درمان ترک سیگار
کنترل	NRT			
۱۰	۱۷	۱/۷۷(۱/۷ - ۱/۹)		همه انواع NRT
	۱۷	۱/۶۶(۱/۵ - ۱/۸)		آدامس نیکوتین
	۱۴	۱/۸۱( ۱/۶-۲/۰)		برچسب نیکوتین
	۱۷	۲/۱۴(۱/۴-۳/۲)		افشانه نیکوتین
	۲۴	۲/۳۵(۱/۶-۳/۴)		اسپری بینی نیکوتین
	۱۷	۲/۰۵(۱/۹-۳/۳)		قرص زیرزبانی/آب نبات مکیدنی نیکوتین
		۲/۲۰(۱/۵-۳/۳)		آدامس ۴ میلی گرمی در مقابل آدامس ۲ میلی گرمی
		۱/۲۹(۰/۹۰-۱/۹)		آدامس fixed در مقابل آدامس ad libitum
		۱/۴۲( ۱/۱-۱/۸)		ترکیب دو نوع NRT در مقابل یک نوع NRT
		۲/۰۶(۱/۸ -۲/۴)		بوپروپیون آهسته رهش <sup>#</sup>

اعداد نشانگر (OR(95% confidence interval) یا درصد می باشند. n = ۳۹۵۰۳ مجموع موارد در تجزیه و تحلیل. اعداد برگرفته از منبع<sup>(۱۴۰)</sup> می باشند جز<sup>#</sup> که برگرفته از منبع<sup>(۱۴۱)</sup> است.

NRT

NRT

NRT

( )

NRT

NRT

NRT



p-value					
		(+NRT / )		( )	CAMPBELL
*		(+NRT / )		( )	CAMPBELL
*		(+NRT)	#		MILLER
< /		(+NRT)	#		
*	/	/ (+ )	†	( )	LEWIS
*	/	/ (+NRT)			
	/	/ (+NRT / )		( )	British Thoracic
< /		(+NRT)		( )	MURRAY
< /	/	/ (+NRT / )		( )	TØNNESEN
< /		( / )	†	( )	TASHKIN
		(+NRT)		( )	HAND
< /		(+NRT / )		( )	TØNNESEN
NRT:		#:	†:		
( )		+			

COPD

( )

NRT

COPD

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% /

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( ) % /  
( p < / ). % /

COPD  
( ) . % FEV<sub>1</sub> /  
) ( )  
) (% )  
(% )

/ : \*St.George  
/ /  
NRT

COPD

( ) .  
( ) SGRQ  
( ) \*\*  
COPD  
( % ) / ± / L ± FEV

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SGRQ \*  
The Lung Health Study \*\*

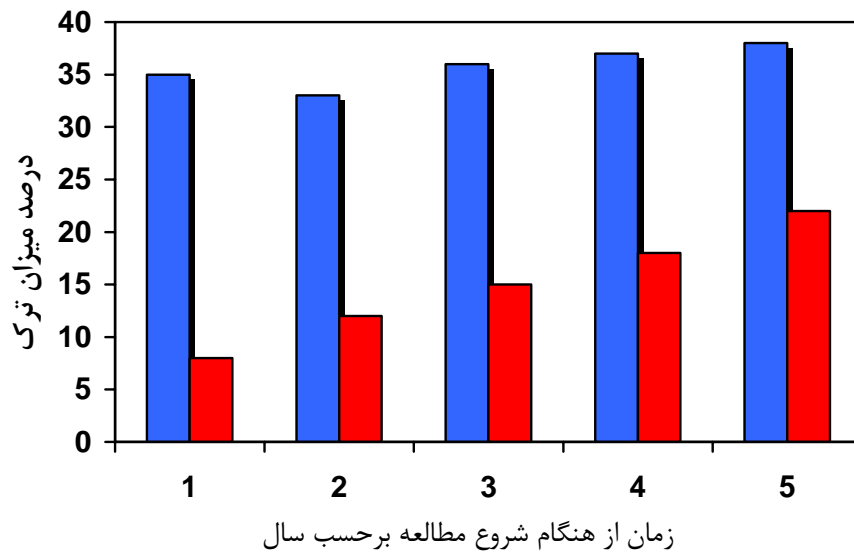


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pack-yrs

.( % )  
.( ) % %  
FEV %

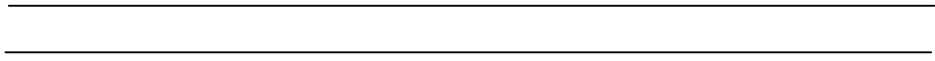


(n= )

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(SR)

NRT

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NRT

SR

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SR

SR

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: COPD SR  
SR  
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(95%CI : 1.8-2.4) / OR SR ( )  
SR  
SR  
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SR  
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SR  
COPD  
Tashkin  
COPD ( )  
SR  
SR  
(p = / % % )  
(% % )  
SR (% % )  
SR (% % )  
(p < / )

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% . % SR

SR

COPD

COPD

SR

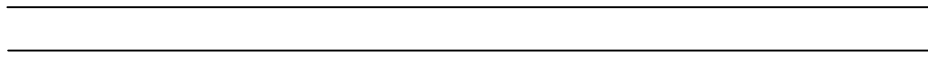
COPD

NRT SR

NRT SR

( )

( ) . OR = / (% CI: / / )



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α β

α β

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SR

p-value		300mg SR		2mg	
	p< /	/	/	/	GONZALEZ <sup>(176)</sup>
	p< /				
	p< /				
SR	p< /				
	p< /	/	/	/	JOENBY <sup>(177)</sup>
SR	p< /				
	p< /				

(%

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SR

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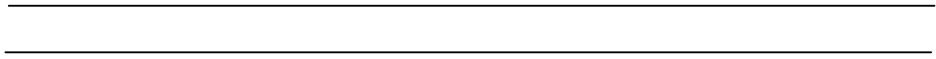
% /

(p = / ) % /

( )

COPD





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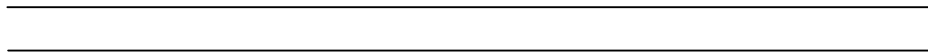
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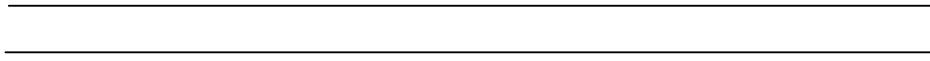
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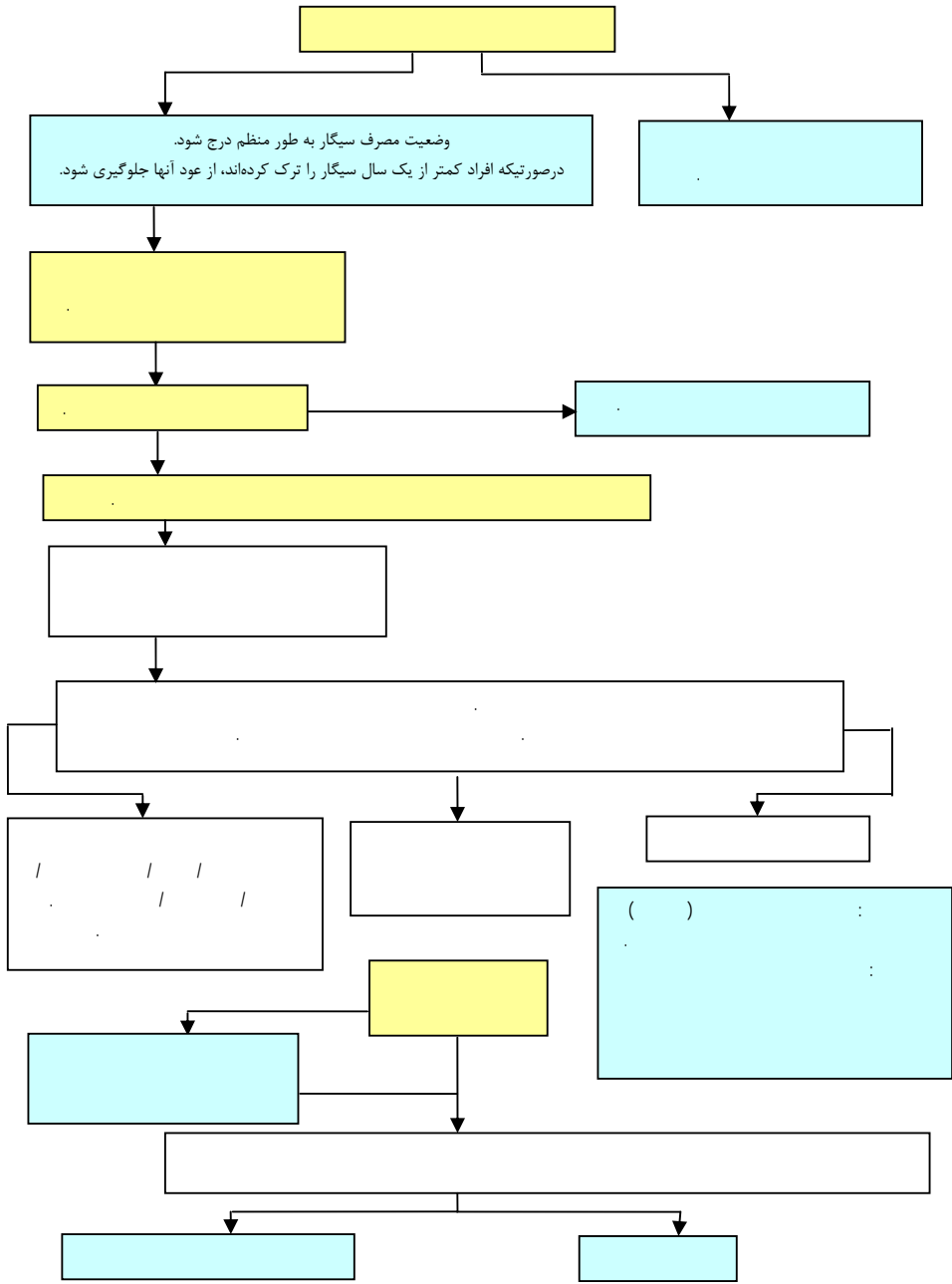
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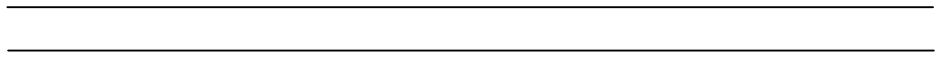


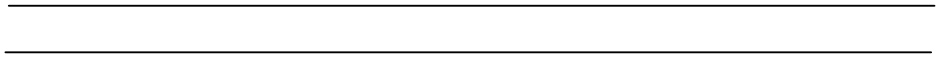
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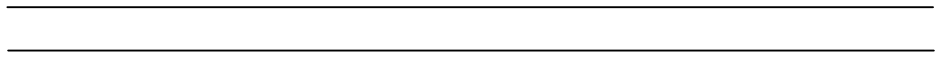


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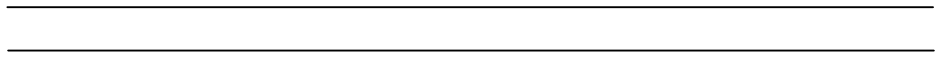


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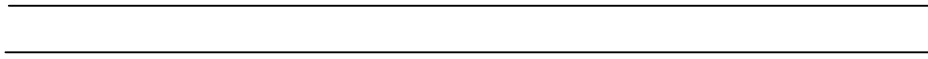
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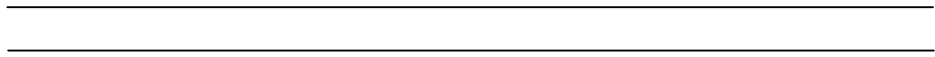
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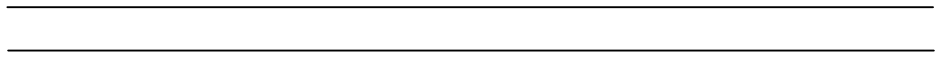
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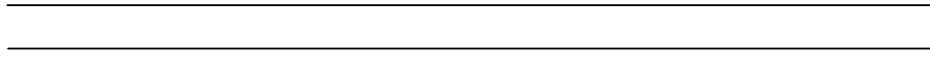
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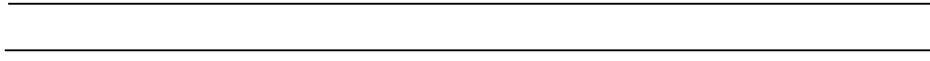




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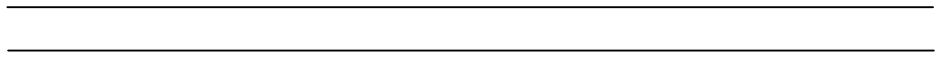
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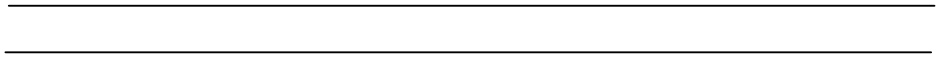
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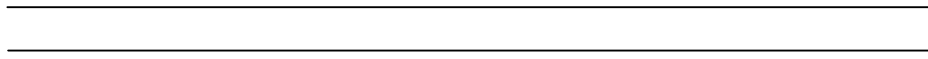
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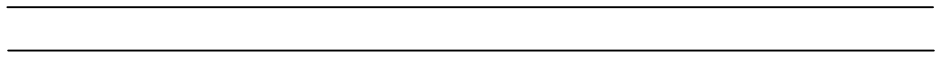
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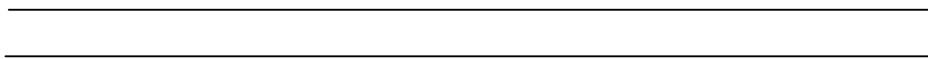
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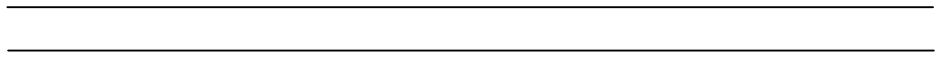
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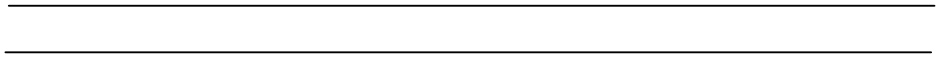




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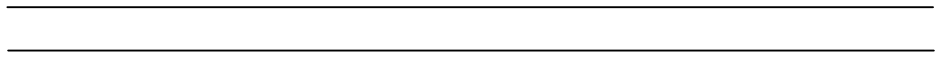
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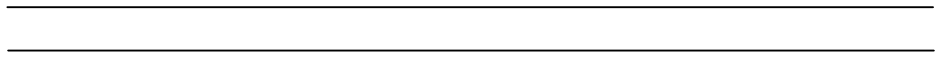


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