

The status and challenge of smoking control in China

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Doctor should be the role model in smoking cessation for their patients

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Aim: To investigate factors affecting smoking cessation among the 110 smokers by the Limit smoking quitting challenge for 28 days. Provide the effective method for smoking cessation.

Methods : Data were collected using follow-up by telephone, A total of 110 smokers were recruited from broadcasting and newspapers. Divide these smokers into fifteen groups, and every five people were followed up by one medical staff. The response rate was 84.5% ($n = 93$). The general situation of these smokers and the success or failure factors of smoking cessation were statistically analyzed, and then the influencing factors of smoking cessation were analyzed. Results: During the survey, 25.45% of the respondents reported that they had stopped smoking by the follow-up method, 59.09% have failed to quit smoking. The most important reason for failure to quit smoking is poor self-control. Conclusion: Self-control plays an important role in the process of smoking cessation. Humanistic concern can effectively urge the volunteers to give up smoking.

Smoking Cessation in Japan -Needs and perspective based on spatiotemporal evidences

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Smoking Cessation is no doubt of our responsibility for protecting the future generation. Smoking continues to be a global concern with impacts varying from region to region and time to time. Studies and observations have revealed the evidences demonstrating the disadvantage of smoking and, vice versa, the advantage of smoking cessation with focusing global, regional, and political matters. In recent Japan, particularly because of the upcoming Olympic year in 2020, more active campaign for smoking cessation has been launched. By review and comparison of the smoking regulation that has attained in modern Japan with global trends (=spatio-) and historical (=temporal) facts, this paper aimed to explore the needs and perspective that are expected for Japan to dedicate better to the future generation.

Psychological aspects of smoking patients and smoking cessation therapy

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For the past 50 years, the prevalence of smoking among men continues to decrease in Japan, while that among women has remained stable at approximately 10%. Women consume fewer daily number of cigarettes per day. Nevertheless, women have more depressive tendency, and a lower success rate for smoking cessation than men. It is unclear if gender differences affect relationship between nicotine dependency and depressive tendency. Prolonged smoking intensifies stress and mental strain, and increases the likelihood of developing psychiatric disorders such as panic disorders, anxiety, and major depression. Individuals with highly depressive tendencies are more likely to start smoking. When mentally unstable patients with depression quit smoking, their depression is known to temporarily worsen soon after quitting. Thus, smoking and depression are related closely to each other, and smoking leads to a vicious downward mental spiral. We previously found that over half of the patients initially visiting the Smoking Cessation Clinic had mild, latent depression, despite having no prior history of a psychiatric disorder. In the current lecture, we would like to discuss on characteristics of men and women participating in an outpatient smoking cessation program, and changes in depression after patients quit smoking while visiting the Smoking Cessation Clinic.