

Forum Profilaktyki 2007 nr 4 (9)

Piśmiennictwo

Nikotynizm – zarys problemu i leczenie.

K. Kawecka-Jaszcz, P. Jankowski

1. Tonstad S, Johnston JA. Cardiovascular risks associated with smoking: a review for clinicians. *Eur J Cardiovasc Prev Rehabil.* 2006, 13, 507-514.
2. European guidelines on cardiovascular disease prevention in clinical practice: third joint task force of European and other societies on cardiovascular disease prevention in clinical practice. *Eur J Cardiovasc Prev Rehabil.* 2003, 10: S1-S10.
3. Jankowski P, Kawecka-Jaszcz K, Pająk A i wsp. Krakowski Program Wtórnej Prewencji Choroby Niedokrwiennej Serca. Realizacja wtórnej prewencji choroby niedokrwiennej serca w okresie po hospitalizacji w latach 1997/98 i 1999/2000. *Przeegl Lek.* 2003, 60, 142-146.
4. Tonstad S, Farsang C, Klaene G et al. Bupropion SR for smoking cessation in smokers with cardiovascular disease: a multicentre, randomised study. *Eur Heart J.* 2003, 24, 946-955.
5. Jorenby DE, Leischow SJ, Nides MA et al. A controlled trial of sustained-release bupropion, a nicotine patch, or both for smoking cessation. *N Engl J Med.* 1999, 340, 685-691.
6. Gonzales D, Rennard SI, Nides M et al. Varenicline, an alpha4beta2 nicotinic acetylcholine receptor partial agonist, vs sustained-release bupropion and placebo for smoking cessation: a randomized controlled trial. *JAMA.* 2006, 296, 47-55.

7. Barone-Adesi F, Vizzini L, Merletti F et al. Short-term effects of Italian smoking regulation on rates of hospital admission for acute myocardial infarction. *Eur Heart J.* 2006, 27, 2468-2472.
8. Hanewinkel R, Sargent JD. Exposure to smoking in popular contemporary movies and youth smoking in Germany. *Am J Prev Med.* 2007, 32, 466-473.
9. Rutkowski M, Zdrojewski T, Bandosz P i wsp. Screening for major cardiovascular risk factors among Members of Polish Parliament as a continuation of health marketing for effective cardiovascular prevention in Poland. Warsaw, May 2006. *Kardiol Pol.* 2007, 65, 486-492.

Dane epidemiologiczne dotyczące nikotynizmu w Polsce

dr n. med. Tomasz Zdrojewski

1. Zdrojewski T., Chwojncki K., Bandosz P.: Distribution of C-reactive protein and its relation to arterial hypertension in a country representing a high-risk region for cardiovascular diseases. *Blood Press.* 2006;15(1):20-6

Zniekształcone myślenie w uzależnieniu od tytoniu

Mgr Marta Irena Porębiak, Prof. dr hab. n. med. Witold Zatoński

1. Porębiak, M., Smolińska, A. (2007). Fakty i mity dotyczące chorób nowotworowych. Wystąpienie podczas 9 Ogólnopolskiej Konferencji Psychoonkologicznej, Gdańsk, 1-2 czerwca 2007.
2. Greenwald, A. G. (1980). The totalitarian ego: Fabrication and revision of personal history. *American Psychologist*, 35, 603-618.

Bierne i aktywne palenie upośledza biologiczną aktywność śródbłonkowych komórek macierzystych w naprawie funkcji śródbłonka

Prof. dr hab. n. farm. Marek Naruszewicz

1. Naruszewicz M (red.): Kardiologia zapobiegawcza II. eMKa, Warszawa 2007.

Palenie tytoniu a zaburzenia hemostazy

prof. dr hab. n. med. Anetta Undas

1. MacCallum PK. Markers of hemostasis and systemic inflammation in heart disease and atherosclerosis in smokers. Proc Am Thorac Soc 2004;2:34-43.
2. Koenig W. Fibrin(ogen) in cardiovascular disease: an update. Thromb Haemost. 2003;89:601-9.
3. Hung J, Lam JYT, Lacoste L, Letchacovski G. Cigarette smoking acutely increases platelet thrombus formation in patients with coronary artery disease taking aspirin. Circulation. 1995;92:2432-6.
4. Fernandez JA, Gruber A, Heeb MJ, Griffin JH. Protein C pathway impairment in nonsymptomatic cigarette smokers. Blood Cells Mol Dis. 2002;29:73-82.
5. Newby DE, Wright RA, Labinjoh C, et al. Endothelial dysfunction, impaired endogenous fibrinolysis, and cigarette smoking. A mechanism for arterial thrombosis and myocardial infarction. Circulation. 1999;99:1411-1415.

6. Simpson AJ, Gray RS, Moore NR, Booth NA. The effects of chronic smoking on the fibrinolytic potential of plasma and platelets. *Br J Haematol.* 1997;97:208-13.
7. Scott EM, Ariens RA, Grant PJ. Genetic and environmental determinants of fibrin structure and function: relevance to clinical disease. *Arterioscler Thromb Vasc Biol* 2004;24:1558-66.
8. Benowitz NL, Fitzgerald GA, Wilson M, Zhang Q. Nicotine effects on eicosanoid formation and hemostatic function: comparison of transdermal nicotine and cigarette smoking. *J Am Coll Cardiol.* 1993;22:1159-67.

Palenie tytoniu a rozwój i postęp przewlekłych powikłań cukrzycy
dr n. med. Elżbieta Kozek

1. Al-Delaimy WK, Willett WC, Manson JE, Speizer FE, Hu FB, Smoking and mortality among women with type 2 diabetes: The Nurses' Health Study cohort. *Diabetes Care.* 2001, 24: 2043-8.
2. Poulsen PL, Ebbenhøj E, Hansen KW, Mogensen CE. Effects of smoking on 24-h ambulatory blood pressure and autonomic function in normoalbuminuric insulin-dependent diabetes mellitus patients. *Am J Hypertens.* 1998, 11: 1093-9 .
3. Mühlhauser I, Bender R, Bott U, Jörgens V, Grüsser M, Wagener W, Overmann H, Berger M., Cigarette smoking and progression of retinopathy and nephropathy in type 1 diabetes. *Diabet Med.* 1996, 13: 536-43.
4. De Cosmo S, Lamacchia O, Rauseo A, Viti R, Gesualdo L, Pilotti A, Trischitta V, Cignarelli M. Cigarette smoking is associated with low glomerular filtration rate in male patients with type 2 diabetes. *Diabetes Care.* 2006; 29: 2467-70.

5. Orth SR, Schroeder T, Ritz E, Ferrari P. Effects of smoking on renal function in patients with type 1 and type 2 diabetes mellitus. *Nephrol Dial Transplant*. 2005; 20: 2414-9.
6. Stratton IM, Kohner EM, Aldington SJ, Turner RC, Holman RR, Manley SE, Matthews DR. UKPDS 50: risk factors for incidence and progression of retinopathy in Type II diabetes over 6 years from diagnosis. *Diabetologia*. 2001;44:156-63.
7. Weitzman M, Cook S, Auinger P, Florin TA, Daniels S, Nguyen M, Winickoff JP. Tobacco smoke exposure is associated with the metabolic syndrome in adolescents. *Circulation*. 2005;112: 862-9.
8. Manson JE, Ajani UA, Liu S, Nathan DM, Hennekens CH. A prospective study of cigarette smoking and the incidence of diabetes mellitus among US male physicians. *Am J Med*. 2000;109: 538-42.
9. Zalecenia kliniczne dotyczące postępowania u chorych na cukrzycę, Stanowisko Polskiego Towarzystwa Diabetologicznego, *Diabetologia Praktyczna*, 2007, 8, supl. A

Otępienie – nikotyna zapobiega czy przyspiesza?

prof. dr hab. n. med. Grzegorz Opala,

dr Joanna Siuda

1. Jones GMM, Sahakian BJ, Levy R, Warburton DM, Gray JA. Effects of acute subcutaneous nicotine on attention, information processing and short-term memory in Alzheimer's disease. *Psychopharmacology* 1992;**108**:485-94.
2. Wilson AL, Langley LK, Monley J, Bauer T, Rottunda S, McFalls E, Kovera C, McCarten JR. Nicotine patches in Alzheimer's disease: pilot study on learning, memory, and safety. *Pharmacology and Biochemistry of Behavior* 1995;51(2-3):509-145.

3. Newhouse PA, Sunderland T, Narang PK, Mellow AM, Fertig JB, Lawlor BA, Murphy DL. Neuroendocrin, physiologic, and inpatients with Alzheimer's disease. *Psychoneuroendocrinology* 1990;15(5-6):471-84
4. Brayne C. Smoking and the brain. *British Medical Journal* 2000;320,7242.
5. Connelly PJ, Prentice NP. Current smoking and response to cholinesterase inhibitor therapy in Alzheimer's disease. *Dementia and Geriatric Cognitive Disorders* 2005;19:11-14.
6. Court JA, Johnson M, Religa D, Keverne J, Kalaria R, Jaros E, McKeith IG, Perry R, Naslund J, Perry EK. Attenuation of Abeta deposition in the entorhinal cortex of normal elderly individuals associated with tobacco smoking [Attenuation of Abeta deposition in the entorhinal cortex of normal elderly individuals associated with tobacco smoking]. *Neuropathol Appl Neurobiol* 2005;31(5):522-35
7. Ott A, Slioter AJ, Hofman A, van Harskamp F, Witteman JC, Van Broeckhoven C, van Duijn CM, Breteler MM. Smoking and risk of dementia and Alzheimer's disease in a population-based cohort study: the Rotterdam Study. *Lancet* 1998;351(9119):1840-1843
8. van Duijn CM, Havekes LM, Broeckhoven CV, de Knijff P, Hofman A. Apolipoprotein E genotype and association between smoking and early onset Alzheimer's disease [Apolipoprotein E genotype and association between smoking and early onset Alzheimer's disease]. *Br Med J* 1995;310:627-31
9. Doll R, Peto R, Boreham, Sutherland I. Smoking and dementia in male British doctors: prospective study. *British Medical Journal* 2000;320:1097-1102
10. Launer LJ, Andersen K, Dewey ME, Letenneur L, Ott A, Amaducci LA, Brayne C, Copeland JR, Dartigues JF, Kragh-Sorensen P, Lobo A, Martinez-Lage JM, Stijnen T, Hofman A). Rates and risk factors for

dementia and Alzheimer's disease: results from EURODEM Incidence Research Group and Work Groups. *European Studies of Dementia. Neurology* 1999;52(1):78-84

11. Shaji S, Promodu K, Abraham T, Roy KJ, Verghese A. An epidemiological study of dementia in a rural community in Kerala, India. *British Journal of Psychiatry* 1996;168(6):745-9.
12. Tyas SL, White LR, Petrovitch H, Webster RG, Foley DJ, Heimovitz HK, Launer LJ. Mid-life smoking and late-life dementia: the Honolulu-Asia aging study. *Neurobiol Aging* 2003;24(4):589-596
13. Aggarwal NT, Bienias JL, Bennett DA, Wilson RS, Morris MC, Schneide JA, Shah RC, Evans DA. The relation of cigarette smoking to incident Alzheimer's disease in a biracial urban community. *Neuroepidemiology* 2006;26(3):140-146
14. Anstey KJ, von Sanden C, Salim A, O'Kearney R. Smoking as a risk factor for dementia and cognitive decline: a meta-analysis of prospective studies. *Am J Epidemiol* 2007; 166(4): 367-378
15. Juan D, Zhou DH, Li J, Wang JY, Gao C, Chen M. A 2-year follow-up study of cigarette smoking and risk of dementia. *Eur J Neurol* 2004;11(4):277-282
16. Ott A, Andersen K, Dewey ME, Letenneur L, Brayne C, Copeland JR, Dartigues JF, Kragh-Sorensen P, Lobo A, Martinez-Lage JM, Stijnen T, Hofman A, Launer LJ. Effect of smoking on global cognitive function in nondemented elderly. *Neurology* 2004;62(6):920-924
17. Zhou H, Deng J, Li J, Wang Y, Zhang M, He H. Study of the relationship between cigarette smoking, alcohol drinking and cognitive impairment among elderly people in China. *Age Ageing* 2003;32(2):205-210

Wpływ palenia tytoniu na stan zdrowia dzieci i młodzieży

Prof. dr hab. med. Jerzy Stańczyk

piśmiennictwo u autora

Palenie papierosów – profilaktyka i leczenie w praktyce lekarza rodzinnego

dr n. med Artur Mierzecki

1. A clinical practice guideline for treating tobacco use and dependence (A US Public Health Service Report). JAMA 2000;**283**:3244-54.
2. First WHO European Recommendations on the Treatment of Tobacco Dependence, WHO, Copenhagen, 2001 [wersja w formie elektronicznej].
3. Jabłońska-Chmielewska A, Kolano E. Nikotynizm w świadomości laików i lekarzy. Zdr Pub 2005;**115**:497-501.
4. Jorenby DE i wsp. Efficacy of varenicline, an $\alpha 4\beta 2$ nicotinic acetylcholine receptor partial agonist, vs placebo or sustained-release bupropion for smoking cessation. A randomized controlled trial. JAMA 2006;**296**:56-63.
5. Lancaster T. i wsp. Effectiveness of interventions to help people stop smoking: findings from the Cochrane Library. BMJ 2000;**321**:355-8.
6. Łuczak JR. Karta Lekarzy Rodzinnych. Lek Rodz 1999;**1**:6-7.
7. Mierzecki A, Gąsiorowski J, Pilawska H. Family doctor and health promotion – Polish experience and perspectives. Eur J Gen Pract 2000;**6**:57-61.

8. Mierzecki A, Godycki-Ćwirko M (red). Zagadnienia profilaktyki i promocji zdrowia. Podręcznik metodyczny dla nauczycieli lekarzy rodzinnych. Aktis: Łódź, 2000.
9. Okuyemi KS, Nollen NL, Ahluwalia JS. Interventions to facilitate smoking cessation. Am Fam Physician 2006;74:262-71.
10. Raw M, McNeill A, West R. Smoking cessation: evidence based recommendations for the healthcare system. BMJ 1999;318:182-5.
11. Rustin TA. Assessing nicotine dependence. Am Fam Physician 2000;62:579-84.
12. Tobacco Advisory Group: Nicotine Addiction in Britain. Royal College of Physicians: London, 2000.
13. Zatoński W. Leczenie uzależnionych od tytoniu, Centrum Onkologii – Instytut im. M. Skłodowskiej-Curie: Warszawa, 1998.
14. Zatoński W. Leczenie zespołu uzależnienia od tytoniu jest obowiązkiem lekarza. Medipress 2000;7(Sup):3-5.

Dr n. hum. Barbara Bętkowska-Korpala

Prof. dr hab. Józef Krzysztof Gierowski

Rola psychoterapii w leczeniu zespołu uzależnienia od tytoniu

1. Backer de G, Ambrosioni E, Borch-Johnsen K, Brotons C, Cifkova R, Dallongeville J, Ebrahim S, Faergeman O, Graham I, Mancia G, Cats VM, Orth-Gomer K, Perk J, Pyorala K, Rodicio JL, Sans S, Sansoy V, Sechtem U, Silber S, Thomsen T, Wood D; European Society of Cardiology Committee for Practice Guidelines. European guidelines on cardiovascular disease prevention in clinical practice: third joint task force of European and other societies on cardiovascular disease prevention in clinical practice (constituted by representatives of eight societies and by invited experts). Eur J Cardiovasc Prev Rehabil. 2003; 10(4): S1-S10.

2. Bętkowska-Korpała B, Jankowski P, Kawecka-Jaszcz K. Kompleksowe leczenie uzależnienia od nikotyny u osób z chorobami układu krążenia – doświadczenia własne. *Psychiatr. Pol.* 2004a;1:125-134.
3. Bętkowska-Korpała B., Ryniak J., Zawadzka B., Jankowski P., Kuźniewski M., Kawecka-Jaszcz K. Program grupowej terapii psychologicznej w kompleksowym leczeniu osób uzależnionych od nikotyny w ramach prewencji chorób układu krążenia – doświadczenia własne. *Psychoterapia* 2004b; 4: 69-76.
4. Cofta-Woerpel L, Wright KL, Wetter DW. Smoking cessation 1: Pharmacological treatments. *Behav Med.* 2006; 32: 47-56
5. Cofta-Woerpel L, Kelli L, Wright KL, Wetter DW. Smoking cessation 3: Multicomponent Interventions. *Behav Med.* 2007; 32: 135-149.
6. Hill RD, Rigdon M, Johnson S. Behavioral smoking cessation treatment for older chronic smokers. *Behavior Therapy* 1993; 24: 321-329.
7. Irvin Vidrine J, Cofta-Woerpel L, Daza P, Wright KL, Wetter DW. Smoking cessation 2: Behavioral treatments. *Behav Med.* 2006; 32: 99-109
8. Stewens VJ, Hollis JF. Preventing smoking relapse, using an individually tailored skills-training technique. *Journal of Consulting and Clinical Psychology*, 1989; 57: 420-424.
9. Stead LF, Lancaster T. Group behaviour therapy programmes for smoking cessation. *Cochrane Debase Syst Rev.* 2005; 18(2): CD001007.