INTRODUCTION

Tobacco smoking is one of the principal risk factors for cancer, respiratory disease, and cardiovascular disease. According to research reported by the WHO, the prevalence of current smokers in Russia in 2009 was 39%, and one-third of those who smoked in the past 12-month had made an attempt to quit.1

OBJECTIVE

This study is aimed to assess co-morbidity, quality of life (QOL), work productivity loss, and resource utilization in Russian urban adults attempting to quit smoking.

METHODS

Patients’ self-reported data were collected from 2011 National Health and Wellness Survey (NHWS). Survey represented major urban areas in Russia. QOL was measured by the physical component score (PCS) and mental component score (MCS) of the Short Form-12 (SF-12). Loss of work productivity was measured by the Work Productivity and Activity Impairment instrument. Resource utilization was measured by healthcare provider, ambulance request and hospitalization in the past 6 months.

RESULTS

- Of the 10,039 adult respondents, 6,092 (60.6%) had ever smoked cigarettes (38.2% current smokers, 43.5% former smokers, 16.2% smokers trying to quit-smoking and 2.1% no smokers-in process to quit). Average age of attempters was 39.5 years. (Figure 1)
- Attempters group reported more co-morbidities than those who never smoked (headache 60%, sleep difficulties 44%, insomnia 37%, heartburn 36%, pain 32%, CDIFF (antibiotic-associated colitis) 8%, Restless Legs Syndrome 9%, Skin ulcers/cellulitis 9%, Depression 9%, Migraine 9%, Dry Eye 9%, Arthritis 9%, Other rheumatological 9%, Chronic pain 9%, *Letters indicate statistical significance difference (95% confidence level between subgroups) (Table 1.

- Furthermore, individuals attempting to quit group reported 26.6% work productivity loss compared to 22.3% in those who never smoked. All mentioned differences were statistically significant (p< 0.05). (Table 2)

CONCLUSIONS

In Russia, attempters to quit smoking suffer from impairment in mental QOL, work productivity loss and more co-morbidities. Findings indicate there is still an unmet need in individuals attempting to quit.

REFERENCES