

## COPD 2018: Smoking cessation in COPD and Asthma patients: Part of a pilot study

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Smoking is the largest avoidable cause of preventable morbidity worldwide. It causes most of the cases of lung cancer and chronic obstructive pulmonary disease (COPD) and contributes to the development of other lung diseases. The aim of this study was to address the effectiveness of a multi-level variety of interventions aiming at smoking cessation in high risk target groups within high middle-income countries (HMIC) such as unemployed young adults, COPD and asthma patients, as well as within the general population in low middle-income countries (LMIC). We investigate the effect of motivation for smoking cessation in 60 smokers divided in three groups: COPD patients, asthma patients and young unemployed adults. We used a special tool-kit of questionnaires (behavior tests, CAT score and CASIS for COPD patients and asthma control questionnaire (ACQ) and CASIS for asthmatic patients) to assess their motivation. Medical examination, a test detecting the CO in the breath exhaled and a spirometry to assess the lungs' need to get rid of tobacco smoke were also performed. The observation sessions were repeated two more times according to a timetable and protocol in order to detect improvement as a result of changed smoking habits. Our results are compared to the results from other countries, working under the SmokeFreeBrain project. Primary and secondary analyzes were performed. The reported results are not published yet.

I thank the event for giving me an opportunity to speak in front of delegates and many other people from pulmonologists all

over the world. I thank everyone for giving good reviews and testimonials for my talk. It was really a great experience for me to attend this two day conference and I enjoyed all the talks at the conference venue and gained lot of knowledge. I am also interested in attending more and more conference of conference series in future. I also suggest young students to attend the conferences organized by conference series to gain knowledge from the talks that speaker's present. I met colleagues with varying levels of experience in the field of pulmonology.

Lyubima Despotova-Toleva MD, PhD is a Medical Doctor with acknowledged specialties in Paediatrics, Family Medicine, Health Care Management and specialization in Paediatric Cardiology. She is a University Professor of Plovdiv Practice/Family Medicine, Scientific Advisor of PhD students, Chairperson of the Bulgarian Long-term and Palliative Care Society. Also, she is the Editor-in-Chief of Folia Palliatica journal, Board Member of EMA, EGPRN and Lifetime Member of WONCA, IAHP and WHPCA. She is the Author of more than 150 scientific publications, over 30 monographs, textbooks and manuals. She is the Leader, Coordinator and Senior Researcher in more than 20 international and national research and educational projects and programs (Fulbright, JSPS, mEducator, SmokeFreeBrain etc).