

Smoking cessation

Haroun, M.

Al-Azhar Univ., Cairo (EGY). Fac. of Med.

International Congress for the Medical Society of Chest Diseases & Tuberculosis. 42nd. Cairo (EGY). Mar 28-30, 2000

Evidence supporting the addictive potential of nicotine includes the well-described withdrawal syndrome, the clear association of nicotine withdrawal with drug-seeking behavior and the increase in dosage that occurs early in the habitual use of nicotine. The concept that nicotine replacement may help alleviate withdrawal symptoms by maintaining nicotine blood level is also an important concept underlying nicotine replacement as an aid to smoking cessation. A wide spectrum of behavioral techniques has been used to treat cigarette addiction. This includes education, individual and group counseling, adverse conditioning, psychotherapy, transdermal medication, sensory deprivation, hypnosis and desensitization.