**Reasons for Quitting Smoking Vary With Age**

**BY PATRICIE WENDLING**

**Chicago Bureau**

CHICAGO — Older smokers are motivated to quit smoking by very different factors than those of younger smokers, and tailoring cessation services to recognize these unique differences can improve quit rates, Virginia Rechert, N.P., said at the annual meeting of the American College of Chest Physicians. Ms. Rechert and colleagues at the Center for Tobacco Control, North Shore–Long Island Jewish Health System, Great Neck, N.Y., reported the findings of a comparison study of 2,052 smokers; 1,432 who were older than 65 years and 1,209 were 65 years or older.

The older smokers were significantly more likely than were the younger ones to report a recent hospitalization (23% vs. 18%), a diagnosis of coronary cardiac disease (78% vs. 58%), cancer (26% vs. 6%), and chronic obstructive pulmonary disease and/or asthma (37% vs. 23%). Significantly more older smokers also reported that they were smoking more than 2 packs per day (15% vs. 11%).

Older smokers were significantly more likely to report not wanting to give up their tobacco as the morning as an obstacle to quitting (69% vs. 54%). In contrast, younger smokers were significantly more likely to cite weight gain (29% vs. 19%), handling work situations (24% vs. 7%), and stress relief without cigarettes (59% vs. 45%) as obstacles to quitting. If you’re talking to an older person, you’re not talking about weight gain and going out drinking in the clubs, you’re going to go right into how this is impacting that person’s health in particular,” Ms. Rechert said in an interview. “With the younger smokers, you can develop strategies to manage stress and weight before then, so it’s not an issue that will keep them from doing it.”

The two groups did share many similar beliefs, including the surprising finding that the majority of both younger (62%) and older (59%) smokers erroneously believe that nicotine causes cancer. “There’s something right there that health care providers can impact, because they’re not going to use the patches if they think nicotine causes cancer,” she said.

Roughly three-fourths of patients in both groups reported feeling guilty about smoking; while 72% of younger and 60% of older smokers of smoking who would give them cancer. Nearly one-third of patients reported being depressed for much of the previous year, and a similar percentage reported receiving help, or medication for their depression. At 30 days, 57% of younger and 58% of older smokers were smoke free, as verified by a carbon monoxide monitor. Among those who quit, 34% of younger smokers and 32% of older smokers remained smoke free at 1 year, Ms. Rechert said.

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**Table: Treatment-Induced Weight Changes in Patients Treated with Placebo or 200 or 300 mg SEROQUEL.**

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<thead>
<tr>
<th>Treatment</th>
<th>Placebo</th>
<th>200 mg SEROQUEL</th>
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<td>Baseline</td>
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**VITAL SIGN CHANGES AT ENROLLMENT:**

- **Weight Gain:**
  - Placebo: 1.0%
  - 200 mg: 1.5%
  - 300 mg: 1.8%

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**OVERDOSAGE:**

- Symptoms were those resulting from an exaggeration of the drug’s known pharmacological effects, i.e., drowsiness and sedation.

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**CONCLUSION:**

- SEROQUEL therapy, up to the dose of 600 mg/day, is well tolerated in the treatment of acute bipolar mania (adjunct) and as an acute mood stabilizer in acute bipolar mania (monotherapy).