There is limited experience from controlled trials that smoking cessation treatments for mild or moderate COPD have yet to be developed. However, observational data from registry studies, patient registries, and primary care practices have shown that smoking cessation treatment is associated with improved lung function, increased physical activity, and improved quality of life. These findings suggest that smoking cessation treatment may have a positive impact on the natural course of COPD.

In a recent study, 103 COPD patients were randomized to receive either active smoking cessation treatment or usual care. The smoking cessation treatment group received counseling, nicotine replacement therapy, and pharmacotherapy, while the usual care group received standard medical care. Results showed that patients in the smoking cessation treatment group had a significantly higher proportion of smokers who successfully quit smoking compared to those in the usual care group. Additionally, patients in the smoking cessation treatment group had a significantly higher proportion of patients who achieved smoking cessation milestones, such as 1 month and 6 months of sustained abstinence.

In conclusion, smoking cessation treatment is a feasible and effective intervention for COPD patients. Further research is needed to determine the optimal duration and intensity of smoking cessation treatment for COPD patients, as well as the role of smoking cessation treatment in preventing exacerbations and improving long-term outcomes in these patients.