

## Symposia: Chronic Obstructive Pulmonary Diseases : Recent Advances

### COPD: Tobacco Act and Smoking Cessation

#### --- COPD as a preventable disease ---

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Reduction of total personal exposure to risk factors, especially to tobacco smoke, is important goals to prevent the onset and progression of COPD. Worldwide health strategies such as GOLD are focused on smoking prevention and cessation for COPD as “a preventable disease”.

**Smoking Prevention:** Comprehensive tobacco control policies and programs with clear, consistent, and repeated nonsmoking messages should be delivered through every feasible channel, including health care providers, schools, and radio, television, and print media. National and local campaigns should be undertaken to reduce exposure to tobacco smoke in public. Legislation to establish smoke-free schools, public facilities, and work environments should be encouraged. Smoking prevention programs should target all ages, including young children, adolescents, young adults, and pregnant women.

**Smoking Cessation:** Smoking cessation is the single most effective way to reduce the risk of developing COPD and stop its progression. All smokers should be offered the most intensive smoking cessation intervention feasible. Smoking cessation interventions are effective in both genders, in all racial and ethnic groups, and in pregnant women. Smoking cessation programs can be effective in all age groups. However, age influences quit rates with young people less likely to quit. Health care workers should encourage all patients who smoke to quit, even those patients who come to the health care provider for unrelated reasons and do not have symptoms of COPD or evidence of airflow limitation. Detecting small airway disease or mild obstruction in flow volume curve screening is a golden opportunity to encourage the intervention. To prove the practical effectiveness, not only public establishment of the screening systems of the spirometry but also local networks of COPD care including general physicians should be enlightened.