

13th Global Diabetes Conference and Medicare Expo

August 08-10, 2016 Birmingham, UK

Smoking among patients with diabetes in the KSA: Open-blind randomized controlled clinical trial on nicotine patch and behavioral interventions used for smoking cessation

Ahmed M Ashour

Umm Al Qura University, Saudi Arabia

Diabetes is a major health problem in Saudi Arabia (KSA) with prevalence of 30%, which is within the highest reported figures in the world. Cigarette smoking is considered as a modifiable risk factor and has significant roles in the developing type II Diabetes Mellitus (DM). Studies showed that the risk of developing diabetes is 30–40% higher for active smokers than non-smokers. The cause of mortality and morbidity is increased in smokers with diabetes. Limited research has been done on smoking among patients with type II DM in Saudi Arabia and there is also scarcity of evidence on smoking cessation therapies for patients with type II DM. Therefore, it is essential to assess smoking rates amongst diabetic patients in the KSA. Our hypothesis is to investigate the effectiveness of transdermal patch (Nicotine Replacement Therapy or NRT) combined with/without telephone counseling sessions (behavioral intervention) in Saudi for type II diabetic smokers. The current regular smokers of 10 cigarettes or more on a daily basis and other inclusion criteria will be invited to take part in randomized open-blind controlled clinical trial for smoking cessation amongst patients with type II DM. From other countries' previous studies, we expect a high continuous abstinence rate in the transdermal patch/telephone consoling group as compared to the medication alone. In addition, this project would be the first of its kind in the KSA to provide an answer to unresolved question on the best pharmaceutical interventions for smoking cessation amongst patients with diabetes.

Biography

Ahmed M Ashour has completed his MS degree from Massachusetts College of Pharmacy and Health Science University and started his PhD studies at Strathclyde University School of Medicine. Currently, he is a Faculty member at Umm Al Qura University, Saudi Arabia.

amashour@uqu.edu.sa

Notes: