INDEX

A Absenteeism, 89	Age factors abstinence duration, 606–608 airway responsiveness, 338–340
Abstinence duration atherosclerosis severity, 199–200 bladder cancer, 164 cerebrovascular disease, 252–258 COPD mortality, 345 classifying smoking status, 26–27 CHD mortality, 205–215, 223 disease development, 129 educational attainment, 606–608 laryngeal cancer, 131–132 locus of control, 542 lung cancer diagnosis, 129–131 lung cancer risk patterns, 110–122, 122–126 multistage models, 126–128 MI risk, 203–204 overall mortality, 78–80 relapse, 23–24, 595–598 respiratory symptoms, 303 self-efficacy, 541 smoking continuum, 606–607 withdrawal symptoms, 529–530 Abstinence	cerebrovascular disease, 251 CHD mortality, 215–216, 223 FEV ₁ decline, 329–333 menopause, 396–400 overall mortality, 80 quit ratio, 593–594 respiratory symptoms, 286, 288–296 smoking and cessation during pregnancy, 390–393 smoking continuum, 599–608 Airway histopathology, former smokers, 108–109 Airway responsiveness age factors, 338–340 clinical studies, 340–341 cross-sectional studies, 339–340 mechanisms, 338 smoking and cessation, 337–341 Airways obstruction, see FEV ₁ Alcohol consumption cessation, 524–525
long-term, 595–598 performance, 525–526 Age at cessation, lung cancer, 125–126	esophageal cancer, 152–155 former smokers, 556–559 hepatocellular cancer, 176 laryngeal cancer, 132

oral cancer, 151-152 pancreatic cancer, 155-159 American Cancer Society Cancer Prevention Study-I, 26, 48-49, 75-78, 110, 124, 128, 250, 308, 432, 595-596 American Cancer Society Cancer Prevention Study-II, 48, 78-79. 110, 124, 129, 132, 159, 172, 215, 241, 245, 250, 252, 258, 308, 345 Anal cancer, 172-176 Analytic issues of consequence assessment, 55-57 Anxiety, 533-541 Aortic aneurysm, 241 Arrhythmias, 195 Arteriosclerosis obliterans, 244 Assessing smoking cessation, see Chapter 2 Asthma (see also Airway responsiveness) nosology, 279-280 respiratory symptoms, 286 Atherosclerosis CHD development, 191–193 severity, 199-200 Attributable risk, pregnancy outcome,

В

393-395

Behavioral consequences of cessation, see Chapter 11 Behavioral measures, 25–31 Bias, 46, 48, 52–55 Biochemical markers, 33–37 Birthweight cessation after conception, 383–387

cessation before conception. 382-383 continued smoking, 381-382 low, attributable risk, 393-395 smoking and cessation, 379-387 Bladder cancer, 159-165 Blood oxygen delivery, CHD development, 195-196 Body fat distribution, 495 Body weight, see Chapter 10 Bogus pipeline, 37 Bone loss, see Osteoporosis Bone mineral content, 444-449 Breast cancer, 169 Breathlessness, see Respiratory symptoms British Physicians Study, 79, 110, 128, 205, 308, 341 Bronchitis (see also Respiratory infections) mortality, 342-345 nosology, 279

C

Caffeine use, cessation, 524–525
Cancers, nonrespiratory, see Chapter 5; see also specific sites
Cancers, respiratory, see Chapter 4; see also specific sites
Carbon monoxide, 34–35
Cardiovascular disease risk, estimated cessation effects, 197
Cardiovascular diseases, see Chapter 6
Carotid artery plaques, 246
Case–control study design, 49–50
Cerebral blood flow, 246, 251
Cerebrovascular disease abstinence duration, 252–258

oral cancer, 151–152	Dietary changes, 484–486 Dietary practices, 554–555	
MI risk, 203		
lung cancer, 124	Diet. 500–502	
laryngeal cancer, 132	Diabetics, CHD mortality, 221–222	
FEV ₁ decline, 329–333	Depression, 533–541	
cerebrovascular disease, 251-252	pregnancy, 390–393	
bladder cancer, 164	smoking and cessation during	
Cigarette consumption	risk, 393–395	
trends, 593	pregnancy outcomes, attributable	
lung cancer, 124–125	Demographic factors	
as cigarette replacement, 555-556	503–504	
Cigar smoking	D-fenfluramine, weight control,	
patients, 345–348	D	
nosology, 279–285		
mortality, 341–348	Cross-sectional study design, 47–48	
FEV ₁ decline, 328–333	Craving, 523–524	
Chronic obstructive pulmonary disease	Cough, see Respiratory symptoms	
Chapter conclusions, 9–14	Cotinine, 36–37	
timing, birthweight, 382–386	risk factors, 497–499	
time trends, pregnancy, 393	patients, 229-239	
stage model, 22–24	mortality, 205-224, 227-229	
rate, see Quit ratio	development, 191–196	
22-46	cessation, 197-240	
process and behavior assessment.	cross-sectional studies, 199-200	
consequences assessment, 46-57	Coronary heart disease (CHD)	
Cessation	development, 195	
Cervical cancer, 165–169	Coronary artery spasm, CHD	
251	Coping skills, 543–544	
summary of observational studies.	assessment, 37-46	
smoking history, 251-252	Contextual issues, biochemical	
smoking and cessation, 245-260	volume, 8	
prospective cohort studies, 249-250	chapter, 9–14	
oral contraceptives, 258-260	Conclusions	
intervention studies, 251	Cohort study design, 48–49	
development, 196	weight gain, 501–502	
cross-sectional studies, 246	pregnancy, 390-393	
case-control studies, 246-249	pancreatic cancer, 155	
age factors, 251	overall mortality, 78–80, 86	

Diffusing capacity, former smokers,	F
327–328	Fertility
Disease development, abstinence	female, 372, 374–375
duration, 129	male, 404–409
DNA adduct levels, 109–110	Fetal growth, 373, 379–387; see also
Duodenal ulcers (see also Peptic ulcers)	Birthweight
healing, 432–433	Fetal mortality, 376–379
recurrence, 433–439	Forced expiratory volume in 1 second
Duration of abstinence, see Abstinence	(FEV ₁)
duration	cross-sectional population studies,
Dyspnea, see Respiratory symptoms	308-316
E	decline, 328-337, 345-347
_	longitudinal population studies,
Ecologic study design, 47	328–337
Ectopic pregnancy, 375–376	Fibrinogens, former smokers, 194
Educational attainment	Food intake, 484–486
abstinence duration, 606–608	Former smokers
quit ratio, 595	absenteeism, 89
smoking continuum, 599–608	anal cancer, 172-176
Emphysema	atherosclerosis severity, 199-200
mortality, 342–345	bladder cancer, 164
nosology, 279 Endometrial cancer, 169–172	breast cancer, 169
Energy expenditure, 487–490	cerebrovascular disease, 246–260
Enhancement models, performance,	cervical cancer, 166–169
525–526	dietary practices, 554–555
Esophageal cancer, 152–155	diffusing capacity, 327–328
Estrogen metabolism	early menopause risk, 398–400
osteoporotic fractures, 443–444	endometrial cancer, 169–172
premature menopause, 398	esophageal cancer, 152–155
Ethnic factors	established COPD, 345–348
abstinence duration, 606–608	fibrinogen levels, 194
quit ratio, 593	health practices, 546–561
smoking and cessation during	health screening, 561–564
pregnancy, 391–393	health status, 87–91
smoking continuum, 599–608	hepatocellular cancer, 176
Ex-smokers, see Former smokers	HDL-C levels, 192–193

kidney cancer, 172

leukemia, 176	pipe or cigar smoking, 555-556
lung cancer risk patterns, 110–122	postcessation weight gain, 473–483
medical care utilization, 87	quit ratio, 588-593
MI survival, 200–224	respiratory symptoms, 288–296,
oral cancer, 147–152	303-304
ovarian cancer, 172	smoking continuum, 599-608
overall mortality, 78-80	Gestational duration, 379–387; see also
penile cancer, 172–176	Birthweight
physical activity, 551-554	
population percentage, 585	Н
pulmonary function, 308-337	Health practices, former smokers.
respiratory symptoms, 285–305	546–561
stomach cancer, 176	Health risk changes, 497–500
Fractures, see Osteoporosis	Health screening, former smokers.
Framingham Heart Study, 80,	561–564
218-221, 230-235, 250, 258,	Health status, 87–91
453, 497–498	Hemorrhagic stroke, see
Frequency issues, self-reports, 27–28	Cerebrovascular disease
G	Hepatocellular cancer, 176
	High-density lipoprotein cholesterol
Gastric secretion, smoking, 429–430	(HDL-C) levels, former smokers,
Gastric ulcers (see also Peptic ulcers)	192–193
healing, 440	
recurrence, 440–441	Hormones, male reproduction, 401
	I
Gastrointestinal physiology, smoking, 429–430	-
Gender factors	Immune system, respiratory infections.
	305-308
abstinence duration, 606–608	Impotence, male, 402-404
alcohol consumption, 556–559	Infertility
bladder cancer, 164	female, 372, 374–375
diet, 485–486	male, 405–409
dietary practices, 554–555	Influenza, see Respiratory infections Inhalation practices, lung cancer, 124
esophageal cancer, 152–155	
MI survival, 237	Intention to smoke, 588, 608-609
oral cancer, 147	Intermittent claudication, 243-244
overall mortality, 80	Interpersonal interactions, 545–546
pancreatic cancer, 155	Intervention trials, study design, 50–51
physical activity, 551-554	Interviews, 25–29

Ischemic stroke, see Cerebrovascular Menopause, premature, 396-400 Metabolic rate, 487-490 Methodologic issues of consequence assessment, 51-57 Methodologies, cessation assessment. see Chapter 2 Misclassification of smoking status. 49, 51, 52-55 Mood, 533-541 Morbidity (see also Chapter 3; specific causes) peptic ulcers, 431-432 behavioral consequences and respiratory, 285-308 Mortality (see also Chapter 3: specific causes) abstinence duration, 110-122, bronchitis, 342-345 COPD, 341-345, 347-348 cohort studies, 75-83 airway histopathology, 108-109 emphysema, 342-345 smoking and cessation, 107-131 fetal, neonatal, and perinatal, 374, 376-379 overall, intervention studies, 84-86 DNA adduct levels, 109-110 peptic ulcers, 432 weight, 491-495 Mouth cancer, see Oral cancer multistage models, 126-128 Multiple health habits, 559-561 nonfilter cigarettes, 124-125 Multiple primary cancers, 176–177 pathophysiologic mechanisms of Multiple Risk Factor Intervention Trial, 24, 28, 50-51, 53, 86. 227-228, 333-335, 495, 498, smoking duration, 122-123 560-561, 595 Multistage models, lung cancer, 126-128 Myocardial infarct (MI) risk

case-control studies, 200-204

cigarette consumption, 203

cohort studies, 205-224

healthy persons, 200-229

M

disease

Kidney cancer, 172

Leukemia, 176

Lung cancer

Laryngeal cancer, 131-132

Locus of control, 542-543

Long-term psychological and

correlates, 532-546

122-126, 126-128

age at cessation, 125-126

cigarette consumption, 124

inhalation practices, 124

smoking, 107-110

smoking history, 122-126

cigar smokers, 125

diagnosis, 129-131

pipe smokers, 125

K

L

Major conclusions, 8 Measures of cessation, 22-46 Measures of quitting behavior, 584-588 Medical care utilization, 87

recurrent, 230-239 Overweight, adverse medical and psychosocial outcomes, 490-497 P National Health and Nutrition Examination Survey, 24, 30, 431, Pancreatic cancer, 155–159 453, 583-584 Pathophysiologic mechanisms of National Health Interview Survey, 25, smoking 390-391, 547-564, 583-584 cardiovascular diseases, 191-197 National trends in smoking cessation, larvngeal cancer, 131 see Appendix lung cancer, 107-110 Neonatal mortality, 379-381 male reproduction, 400-401 Neoplasms, see Cancers; see also pregnancy, 371-374 specific sites premature menopause, 396-398 Nicotine polacrilex gum osteoporosis, 443-444 weight control, 502-504 respiratory diseases, 279-285 withdrawal symptoms, 528, 539 skin wrinkling, 453-456 Nicotine withdrawal, 521-532 Penile cancer, 172-176 Nonbehavioral measures, 31-46 Peptic ulcer disease, 429-442 Nonfilter cigarettes, lung cancer, Peptic ulcers 124-125 morbidity, 431-432 mortality, 432 0 Performance, abstinence, 525-526, 530 Perinatal mortality Obesity, 490-497 attributable risk, 393-395 Obstructive airways diseases, see smoking and cessation, 376-379 Chapter 7 Peripheral arterial occlusive disease, Occupational factors, respiratory 241-244 symptoms, 296-299 Peripheral artery disease Oral cancer development, 196, 243 alcohol consumption, 151-152 prognosis, 243-244 cigarette consumption, 151-152 Phenylpropanolamine, weight control. former smokers, 147-152 503-504 gender factors, 147 Phlegm production, see Respiratory smoking and cessation, 147-152 symptoms Oral contraceptives, cerebrovascular Physical activity, 486, 551-554 disease, 258-260 Physician advice, 588, 609 Osteoporosis, 443-453

Osteoporotic fractures, 449-453

Ovarian cancer, 172

intervention trials, 224-229

MI patients, 229-239

Physiologic measures, 32	R
Physiologic measures, 32 Pipe smoking as eigarette replacement, 555–556 lung cancer, 124–125 trends, 593 Pneumonia, see Respiratory infections Preeclampsia, 387 Pregnancy complications, 387 outcome, 371–395 prevalence of smoking and cessation, 390–393 time trends in smoking and cessation, 393 weight gain, 373 Prematurity, 386–387 Preterm delivery, 386–387, 395	Racial factors, see Ethnic factors Recidivism, 595–598; see also Relaps Reduction of smoking, pregnancy, 387–389 Relapse, 23–24, 530–531, 595–598 Report conclusions, 8 development, 8–9 overview, 5–7 Reproduction female, 371–400 male, 400–409 Reproduction, see Chapter 8 Respiratory cancers, see Chapter 4 Respiratory diseases, see Chapter 7 Respiratory function tests, see
Prevalence of smoking, pregnancy. 390–393 Process of smoking behavior change. 22–24 Psychological effects of cessation, see Chapter 11 Pulmonary function former smokers, 308–337 smoking cessation, 316–328	Spirometric parameters; Small airways function Respiratory infections, 305–308 Respiratory morbidity, smoking cessation, 285–308 Respiratory symptoms abstinence duration, 303 asthmatics, 286 cessation clinics, 285–287
Q	cross-sectional population studies. 288–296
Questionnaires, 25–29 Quit attempts, 606 Quit ratio age trends, 593–594 definition, 585,	longitudinal studies, 299–305 occupational groups, 296–299 reversal, possible mechanisms, 304 smoking and cessation, 285–305 smoking history, 299–303
educational trends, 595 gender trends, 588–593 racial trends, 593 Quitting behavior, measures, 584–588	S Self-efficacy, 541–542 Self-management skills, 543–544

Self-report measures, 25-29	Spirometric parameters, smoking
Self-monitoring, 29	cessation, 319–323
Sexual activity, male, 401–404	Spontaneous abortion, 372, 376
Sexual behavior, cervical cancer, 166	Statistical considerations, 52
Shortness of breath, see Respiratory	Stomach cancer, 176
symptoms	Stress, 533-541
Skin wrinkling, 453–456	Stroke patients, cessation, 260
Small airways function, smoking	Study design, 46–51
cessation, 323-327	Subarachnoid hemorrhage, 249, 250,
Smoking and cessation surveys,	258–260
methodology, 583-584	Surrogate assessments, 30–31
Smoking behavior change, 22–24	Survival prognosis
Smoking characteristics, see Inhalation	lung cancer, 129-131
practices	MI patients, 230-239
Smoking continuum	
abstainers for less than 1 year, 606	T
abstainers for 1 to 4 years, 606-607	T lymphocytes, 306–307
abstainers for 5 years, 607	Temporal issues, self-reports, 27–28
definition, 585–588	Terminology, assessment, 33–34
smokers never trying to quit, 599	Thiocyanate, 35–36
smokers quitting for at least 1 day	Thrombosis, CHD development,
during 12-month period, 606	193–195
Smoking duration, lung cancer,	Time trends in smoking and cessation,
122–123	pregnancy, 393
Smoking history	Tobacco consumption, esophageal
cerebrovascular disease, 251-252	cancer, 152–154
FEV ₁ , 308–316, 328–337	Tracheal mucous velocity, 304
lung cancer, 122–126, 126–128	rached factors versely, 504
respiratory symptoms, 299-303	t.
Smoking interventions	
cerebrovascular disease, 251	U.S. Veterans Study, 49, 79, 110, 124,
CHD mortality, 224–229	125, 128, 129, 132, 151, 152,
overall mortality, 84-86	155, 164, 172–176, 217–218,
pregnancy, 387–389	251–252, 345, 432
weight control, 500-502	Ulcer healing and recurrence, 432–441
Social support, 545–546	Ulcer occurrence, 429–432
Spasm, coronary artery, 195	Ulcers, see also Peptic ulcers; Gastric
Sperm quality, 404–409	ulcers: Duodenal ulcers

V

Volume conclusions, 8

W

Weight control strategies, 500–504 Weight cycling, 492–495 Weight gain (see also Chapter 10) pregnancy, 373 risk and amount, 473–483 causes, 483–490 Weight, mortality, 491–495
Weight-related health risks, 497–500
Well-being, psychological, 533–541
Wheeze, see Respiratory symptoms
Withdrawal symptoms
relapse, 530–531
relief, performance, 525–526
timecourse, 521, 529–530
variability, 526–529
Wrinkling, skin, 453–456