

## **In Teenagers Who Smoke Cigarettes Are Nicotine Patches as Compared to Placebo Effective to Decrease the Number of Cigarettes Smoked? – A Systematic Review**

Obumneke Amadi, DrPH,MSHS, MPH

**Introduction:**In the United States of America (USA), 70% of teenage deaths are attributed to significance health-risk behaviors, which is referred to as the contributing factors that increase the causes of morbidity and mortality among teenagers and adults, in the USA, tobacco use is identified as one of these factors by the Youth Risk Behavior Surveillance System(YRBSS). YRBSS 2013 data reported that 15.7% of high school students had smoked cigarettes and 8.8% had used smokeless tobacco. There has been success rate in over the counter real-life event in nicotine patch use but, there is need for clinical study with placebo to investigate its effectiveness.The studyinterest was in studies comparing nicotine patch therapy to other forms of treatment to better understand its strength in wide-ranging cigarette smoking approaches.The purpose of the study was to determine the effectiveness of nicotine patch in reducing the number cigarette smoked among teenage smokers, in view of the trials and several studies conducted for its relevance

**Objective:**The aim was to examine whether nicotine patch was more effective in encouraging abstinence from cigarettes smoking compared to placebo.

**Methods:**Systematic reviews and meta-analysesof randomized controlled trials involving the general teenage age group smokers who were current smokers-smoked less than 100 cigarettes over their lifetime and smoked at the time of the interview. Databases were searched for relevant studies reported in English that employed a randomized design published since 2000. Two authors extracted data and assessed quality. The primary outcomes and prioritization were continuous abstinence at 3, 6 and 12-month follow-up or more for the number of patients who responded to treatment, defined as a

reduction/abstinence. Heterogeneity between studies did not preclude combined analyses of the data.

**Results:** 4 of 266 publications were included. Four studies reported positive effects on smoking cessation at end of treatment: (1) nicotine patches improved continuous abstinence at 6 weeks – 9 weeks months; (2) nicotine patch improved continuous abstinence at 3 to 6 months; (3) nicotine patches improved continuous abstinence 6 and 12 months; (4) nicotine patches improved continuous abstinence at 6 months – 12 and 24 months (5). All studies showed, continuous abstinence at follow up differed in percentage between groups both at 6 weeks through 24 months, with NRT (Nicotine patch) intervention groups achieving higher rates in most of the studies compared to placebo intervention group.

**Conclusions:** NRT intervention methods seem to increase smoking abstinence in those treated for smoking cessation. Further and larger sample size studies are required to make stronger the base of evidence.

### Recent Publication:

1. SerwahBonsuAsafo-Agyei, Emmanuel Ameyaw, Jean-PierreChanoine and Samuel BlayNguah (2017) Normative penile anthropometry in term newborns in Kumasi, Ghana: a cross-sectional prospective study. *International Journal of Pediatric Endocrinology* 2017:2-7. DOI 10.1186/s13633-017-0042-1
2. Adomako-Kwakye Chris, Alexander OtiAcheampong, AkwasiAntwi-Kusi, Emmanuel Ameyaw. (2017) Mandatory Pre-Employment Medical Examination—The Practice and the Law: Is It Justifiable? *Beijing Law Review*, 8: 1-9
3. Ameyaw E, Barnes AN, Asafo-Agyei SB, Amakye-Ansah DA (2017) Misdiagnosis of Diabetic Ketoacidosis as Pelvic Inflammatory Disease: A Case Report.

Clinical Research and Trials. 3(3): DOI:  
10.15761/CRT.1000176

4. Serwah Bonsu Asafo-Agyei, Emmanuel Ameyaw, Jean-Pierre Chanoine, Margaret Zacharin and Samuel Blay Nguah (2017) Clitoral size in term newborns in Kumasi, Ghana. International Journal of

Pediatric Endocrinology. 2017;6:1-5. DOI:  
10.1186/s13633-017-0045-y

5. Ameyaw, AbiboyeChedukoYifieyeh, SerwahBonsuAsafo-Agyei, AwuahBaffour, AkosuaSerwahHemeng (2017)Adrenocortical carcinoma in a Ghanaian girl: Report of a case. Clinical Research and Trial. DOI:  
10.15761/CRT.1000187

[Global Summit on Clinical & Medical Case Reports; May 22-23, 2020; Paris, France](#)

Citation: Amadi O (2020); In Teenagers Who Smoke Cigarettes Are Nicotine Patches as Compared to Placebo Effective to Decrease the Number of Cigarettes Smoked? – A Systematic Review, Biofuel 2020, February 18-19, 2020; Dubai, UAE