



## LECTURE

# The most efficacious strategies for tobacco cessation

Ricardo Moreira<sup>1</sup>

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### Abstract

During recent years, there have been many advances in different types of pharmacological and non-pharmacological tobacco cessation treatments. Varenicline, Nicotine Replacement Therapies (NRT) and Bupropion, are the most supported ones, and, in combination with educational strategies, seem to have better results.

Although the safety of these pharmacologic treatments for smoking cessation in patients with cardiovascular (CV) disease has yet to be definitively established, until now, studies suggest that there is no significant increase in CV risk.

<sup>1</sup>Psychiatry and Mental Health Clinic, Centro Hospitalar de São João, Porto, Portugal

Email address: rjsatm@gmail.com

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