

Il ruolo del medico del lavoro nella lotta al tabagismo: l'esperienza della Clinica del Lavoro di Milano

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KEY WORDS

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SUMMARY

«The role of the occupational health physician in smoking cessation programmes: the experience of the "Clinica del Lavoro" of Milan». **Background:** The "Centre for the prevention, diagnosis and treatment of tobacco dependency", set up at the Occupational and Environmental Respiratory Diseases Section of the Clinica del Lavoro in Milan in September 2000, can count on multidisciplinary expertise, including occupational health physicians, pneumologists and clinical psychologists. Each step of the diagnostic and therapeutic process is based on an integrated approach that considers both the biological aspects of tobacco dependency and the psychological and behavioural aspects. The Centre, moreover, within the framework of "Health Promotion" programmes, offers advice to businesses as regards the new legislation that prohibits smoking at the workplace. **Methods:** The proposed treatment programme is based on psychological and motivational support (personal or team work), that can be associated with pharmacological therapy, either as an alternative or an addition. The drug preferred is slow-releasing bupropione, which has proved to be extremely effective compared to other drugs in increasing the probability of smoking cessation and decreasing side effects. **Results:** In an occupational population of more than 2000 workers, we succeeded in treating about 51% of the subjects, who had stopped smoking, after one year from the beginning of the programme. The best results were achieved using the association of psychological support and bupropione therapy (54%), compared with the other methods (psychological support alone: 42%; psychological support and free nicotine replacement therapy: 33%).
