

Effect of Smoking Cessation after TIA or Ischemic Stroke

Rashid Taj¹, Ravish Kumar Verma²

¹Assistant Professor, Department of General Medicine, Rama Medical College, Ghaziabad,

²Professor and Head of Department, Department of General Medicine, Rama Medical College, Ghaziabad

Abstract

Introduction: Individuals smoking cigarettes are 2-4 times extra possible to have a stroke and 2-5 times more expected to have a myocardial infarction in comparison of non smoker. Providentially, quitting smoking can speedily return to normal risk. After an MI, stopping smoking reduces the risk of repeated coronary events to the rank of a never-smoker's after 3 years. While the benefits of smoking termination in patients with cardiovascular disease are familiar, the profit of smoking cessation past stroke have certainly not been sufficiently examine and remain un notice.

Material and Method: In this study, we experienced the hypothesis that smoking cessation following an ischemic stroke or transient ischemic attack (TIA) improves result, in respect of smoker. We conducted a prospective observational cohort study of 124 men and women who were present cigarette smokers at the moment in time they were enrolled for the study.

Result: By the period of randomization, 45 patients had given up smoking. Among person who left smoking, the 3-year risk of stroke, MI, or death was 13.3%, compared to 24.2% for patients who have not given up smoking.

Conclusion: Stopping of cigarette smoking after an ischemic stroke or TIA was connected with major health benefits over 3 years in our study.

Keywords: *Transient ischemic attack, Smoking, Death.*

Introduction

The second leading cause of death worldwide is stroke.¹ Tobacco use results in a strong, dose-dependent increase in stroke risk² and is predictable to be accountable for 12-15% of all stroke events.³ Smoking is therefore a significant avoidable cause of stroke. Fresh AHA guidelines for primary prevention of stroke embrace a Class I recommendation for self-restraint from smoking.⁴ Although never smoking is unquestionably the best approach for primary prevention of stroke and other smoking-related harms, smoking termination is ever more familiar as a powerful interference that can quickly reduce risk for stroke or MI, and over

time decrease a recent smoker's risk to near that of a never-smoker's.⁵ Patients who have previously had an ischemic stroke or TIA are at increased risk for future cardiovascular events, and therefore represent a high-risk group for whom interventions are likely to have a large impact.⁶ Smoking termination for these patients is a reasonable option for secondary prevention, but there are limited data quantifying the result of termination compared to continued smoking after an ischemic stroke or TIA. AHA guidelines for secondary prevention also include a Class I recommendation for self-restraint or (if applicable) cessation from smoking after an ischemic stroke or TIA, but the level of evidence is only a C, meaning the proposal is based on very limited populations evaluated, consensus opinions of experts, case studies, and/or accepted standard of care. The Class I suggestion for cessation or self-restraint from smoking after a first stroke or TIA is primarily based on research from stroke-free populations showing that smoking cessation in midlife or even late-life is linked

Corresponding Author:

Ravish Kumar Verma

Professor and head of department, Department of General Medicine, Rama Medical College, NH 24 hapur delhi highway. Pilkhuwa 245304

Phone: 9831680321, email: drmdrashidtaj@gmail.com

with quick return toward normal of danger for vascular events.⁷ There is no well-controlled study quantifying the risk reduction in patients who stop smoking after a stroke or TIA. After an MI, smoking cessation reduces the risk of recurrent coronary events to the level of a never-smoker's after 3 years and the risk of mortality by 46% over 2-10 years. Smoking cessation for patients with CAD is associated with a 36% reduction in mortality over 3 years.⁸ Quantifying this risk lessening could be very supportive in guiding the efforts of stroke patients and their clinicians in reducing their risk of a potential cardiovascular event. Among those who do give up, many may relapse. One study showed that 43% of smokers at first quit smoking after a stroke, whereas only 28% were still abstinent after 6 months.⁹ The reason of this study was to test the hypothesis that smoking termination after an ischemic stroke or TIA will get better result relative to sustained smoking.

Method

The purpose of this secondary study of this trial was to evaluate whether smoking termination after an ischemic stroke or TIA is linked with a lower incidence of following nonfatal stroke, nonfatal MI, or all-cause death, compared with sustained smoking.

Study population: The study people for this study have patients who were present cigarette smokers at the time of the ischemic stroke or TIA Eligible member were ≥ 40 years of age, had an ischemic stroke or TIA within the history of six months, and had no previous or existing diagnosis of diabetes. Patients who had distant symptoms disturbing only one eye were required

to have imaging evidence of a new ischemic brain abnormality in an appropriate location A TIA was clear as an acute neurologic change attributable to brain ischemia that lasted ≥ 10 minutes but < 24 hours, without imaging proof of fresh cerebral infarction. To enroll patients who likely had a vascular etiology for their symptoms, eligible TIA deficits were limited to hemiplegia or hemiparesis, monoplegia or monoparesis, or a language disturbance besides isolated dysarthria.

Patient consents and standard protocol approvals:

Informed approval was taken by all participants. The

study was approved in each participating center by the accountable ethics committee. Participants were classify according to smoking status at the time of randomization: (a) never smokers, (b) former smokers (*i.e.*, stopped smoking prior to the index stroke or TIA event), (c) quitters (*i.e.*, quit after the index event and not smoking at time of randomization). All analyses were conducted using the intention-to treat principle (*i.e.*, according to participants' smoking status (quitter versus continuing smoker) at the time of randomization. Cumulative probabilities of outcome-free survival over time by smoking status were calculated by the method of Kaplan-Meier⁴² and differences were tested by the log-rank statistic using alpha of 0.05 (2-sided). Participants missing information on any of these features are excluded from the adjusted analyses.

Study Population: The study cohort was include 124 study participants who were randomized between February 2016 and March 2019 At randomization, 17 as former smokers, 45 as quitters since the index event, and 62 as continuing smokers. Baseline features for quitters and continuing smokers are displayed in (Table 1).

Results

After a median follow-up of 3 years, nonfatal stroke, nonfatal MI, or all-cause death had occurred in 6 patients in the quitter group and 15 in the continuing smoking group in three years time. Death occurred in 3 quitters and 5 continuing smokers in the study period. (Table 3).

At baseline, quitters were slightly more likely than continuing smokers to achieve their preventive health goals: 62% of quitters versus 61% of continuing smokers had a blood pressure

$< 140/90$ mmHg; 48% of quitters versus 49% of continuing smokers were on statins; and 60% of quitters versus 53% of continuing smokers had achieved all three of these preventative health goals. During three years of follow-up, quitters were more likely to meet their preventative health goals (Table 2).

Table :1

Baseline Features by Smoking Status at Randomization			
Feature	Continuing n=62	Quitter n=45	Formern=17
Age, mean (SD), years	58	58	66
Clinical history, no. (%)	55 (88)	42 (93)	128 (86)
Stroke at entry (vs TIA)			
Prior stroke (before index event)	12 (20)	5 (11)	21 (14)
Hypertension	45 (73)	31 (69)	107 (72)
Coronary artery diseasea	9 (14)	4 (8)	21 (14)
Atrial fibrillation	1 (2)	2 (4)	12 (8)

TABLE 2. Participants Meeting Preventive Goals by Time in Trial, by Smoking Status at Randomization

Preventive Goal Time in	Continuing n=62					Quitter n=45				
	Yes	No	Unk	Out	% At Goal*	Yes	No	Unk	Out	% At Goal*
BP<140/90 Baseline	38	22	2	0	61	28	16	1	0	62
1 year	36	17	7	2	58	26	12	4	3	58
2 year	33	15	11	3	53	24	11	6	4	53
3 year	30	12	14	6	48	22	9	8	6	49
On Antithrombotic Baseline	60	2	0	0	97	44	1	0	0	98
1 year	52	2	5	3	84	39	1	3	2	87
2 year	48	3	7	4	77	37	2	3	3	82
3 year	42	2	11	7	68	33	3	4	5	73
On Statin Baseline	50	10	2	0	81	38	6	1	0	84
1 year	43	12	5	2	69	32	5	6	2	71
2 Year	40	11	6	5	64	30	4	7	4	67
3 year	33	11	9	9	53	27	7	5	6	60
All of the above Base line	31	28	3	0	50	24	20	1	0	53
1 year	28	16	8	10	45	21	17	5	2	47
2 Year	25	14	12	11	40	20	14	7	4	44
3 year	20	19	10	13	32	19	13	7	6	42

TABLE 3. Risk of Outcomes by Smoking Status at Randomization

Outcome Baseline Smoking Status	Pts.	Pts w/ Event	3-Year Risk	P value
Stroke, MI or Death				
Continuing	62	15	24.2%	
Quitter	45	6	13.3%	0.009
Former	17	3	17.6%	<.0001
Stroke				
Continuing	62	6	10%	
Quitter	45	3	6.7%	0.07
Former	17	2	5.8%	<.0001
MI				
Continuing	62	6	9.6%	
Quitter	45	2	4.4%	0.37
Former	17	1	5.8%	0.25
Death				
Continuing	62	5	8.06%	
Quitter	45	3	6.7%	0.004
Former	17	2	11.6%	<.0001

Discussion

The results of this study suggest that quitting smoking after an ischemic stroke or TIA will significantly reduce the likelihood of nonfatal stroke, nonfatal MI, or all-cause death. The observed relative risk reduction (RRR) and absolute risk reduction (ARR) are comparable to other medical treatments for secondary prevention after stroke, including antiplatelet therapy,¹⁰ statin therapy,¹¹ and blood pressure reduction.¹² The present study not only supports current guidelines for smoking cessation after stroke or TIA,¹³ but also suggests that cessation may be one of the most important single interventions for smokers with an ischemic stroke or TIA. There have been no clinical trials of smoking cessation after stroke or TIA. We found that the benefit of smoking cessation emerged early within 3 years after an acute ischemic stroke or TIA, which is consistent with prior research on the vascular effects of smoking.¹⁴

Conclusion

Healthcare providers have an exceptional occasion to counsel patients after they undergo an ischemic stroke or TIA. A stroke or TIA can act as a wake-up call for patients, and augment enthusiasm to make lifestyle modification that could avoid a recurrence. This manuscript provides a quantitative estimation for the benefits of smoking cessation in this population. Our results put forward that health care providers be supposed to give very high precedence to helping patients quit smoking cigarettes after an ischemic stroke or TIA.

Ethical Clearance- Taken from Rama Medical College Hospital and Research Centre ethical committee

Source of Funding- Self

Conflict of Interest - As Nil

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