

Combinaciones de fármacos para el tratamiento del tabaquismo.

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Combinations of different NRT preparations.

Quote

“There is evidence that combining a nicotine patch with a rapid delivery form of NRT was more effective than a single type of NRT. Nine trials compared the use of two types of NRT with the use of a single type only. When pooled, the trials suggest a statistically significant benefit (RR 1.34, 95% CI 1.18 to 1.51, 9 trials)”.

Cochrane Library 2012

In this talk looking at combinations of

- Bupropion and NRT, 7 studies
- Varenicline and NRT, 3 studies
- Varenicline and bupropion, 3 studies
- Nortriptyline and NRT, 2 studies

Double blind randomised trials comparing Bupropion and NRT.

Abstinence at 12 months	Bupropion N=244	Bupropion+Patch N=245	Patch N= 244	Placebo N=160	
Jorenby et al. 1999	30%	36%	16%	16%	B+P p<.001

Abstinence at 26 weeks	Bupropion N=409	Bupropion+NRT of choice N=244	NRT of choice N=418	
Stapleton et al. 2013	28%	24%	24%	n.s.

Bupropion appeared more beneficial in those with a history of depression, 30% compared with 19% for NRT

Abstinence at 26 weeks N=1346	Bupropion 17%	Bupropion+Lozenge 30%	Lozenge 20%	p<.01
Smith et al. 2009				

Medically ill patients	Combination NRT+Bupropion N=63	Combination NRT+Placebo N=64	
Abstinence 26 weeks	35%	19%	p<.05
Steinberg et al. 2009			

Double blind randomised trials comparing Bupropion and NRT in schizophrenics.

N=51	Combination NRT+Bupropion	Combination NRT+Placebo
Abstinence 12 weeks	36%	19% n.s.
Abstinence 52 weeks	12%	8% n.s.
Evins et al. 2007		

	NRT+Bupropion	NRT+Placebo
	N=29	N=29
Abstinence 26 weeks	13%	0% n.s.
George et al. 2007		

Three studies with pre-cessation patch (21 and 42 mg) 1 week before quitting.

Non-responders (>50% baseleine CO) switched to alternative treatment.

Abstinence 8-11 weeks N=606	Patch	Patch+Bupropion	
Rose & Behm 2013.	16%	28%	p<.05
Rose & Behm 2014	Varenicline+Bupropion	Varenicline+ Placebo	
	42%	26%	p<.03
Greater effect of combination in males 51% females 20% p<.02 and highly dependent 44% low19% p<.001			
Rose & Behm 2016	42%	42%	
FTCD >5	56%	19%	p<.05

Double blind randomised trials comparing varenicline+patch and varenicline+placebo

N=341. Continuous abstinence at 24 weeks. Varenicline+patch Varenicline+placebo patch

All	37%	33%	n.s.
Smoking more than 30 CPD	28%	21%	p<.05

Ramon et al. 2014

N=435	49%	33%	p<.004
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Koegelenberger et al. 2014

N=117	60% 4 weeks	59%	n.s
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Hajek et al. 2013

Double blind randomised trial comparing Varenicline+Bupropion with Varenicline alone.

	Varenicline+Bupropion	Varenicline	
N=506			
24 week abstinence	37%	28%	p<.03

Patients receiving combination reported more anxiety (7% vs. 3%) and depressive symptoms 4% vs. 1%).

Ebbert et al. 2014.

Double blind randomised trials comparing Nortriptyline and NRT.

	Nortriptyline+NRT	NRT+placebo	
Abstinence at 26 weeks Prochazka et al. 2004	N=79 23%	N=79 10%	p<.05
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Abstinence at 52 weeks Aveyard et al. 2008	N=445 11%	N=456 9%	n.s.

Review of Medical Records

Veterans Affairs USA N=489 abstinent at 12 weeks

Bupropion+patch Bupropion Varenicline

32%

32%

40%

n.s.

Shitz et al. 2011

Clinic Sao Paulo Abstinent 52 weeks Varenicline N=229 Varenicline+Bupropion N=49

37%

51%

p<.01

Issa et al.2013

Safety studies

Combining Varenicline+Bupropion

Varenicline+Bupropion

Efficacy at 12 weeks 71%

Ebbert et al. 2009

Varenicline+NRT

Varenicline+NRT

Efficacy at 26 weeks 54%

Usual care before Varenicline available 59%

No new unexpected side effects

Ebbert et al. 2009

Summary.

- 7 studies where NRT has been added to Bupropion. 6 showed a trend favoring increased efficacy when adding patch. Four were significant.
- 3 studies where Bupropion has been added to Varenicline. All significant.
- 3 studies where NRT has been added to Varenicline. All 3 showed a trend favouring increased efficacy when adding NRT. 2 were significant.
- 2 studies where Nortriptyline has been added to NRT. Both showed a trend favouring increased efficacy when adding Nortriptyline. One was significant.

Conclusions

- Good evidence that adding Bupropion to Varenicline increases quit rates.
- Some evidence that adding NRT to Bupropion increases quit rates.
- Some evidence that adding NRT to Varenicline increases quit rates.
- Insufficient data judging if adding Nortriptyline to NRT increases quit rates.
- Most benefit except low dependent smokers.

Gracias

Preguntas a

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