

## Mild cigarettes has been changed the habits of smoking

A study has shown that smokers who switch to low-tar, light or mild cigarettes to help them quit the habit are no more likely to succeed and may actually find it harder.

Researchers from the University of Pittsburg in the U.S discovered that smokers who changed to mild cigarettes were 50% less likely to quit smoking. In a study of 31,000 smokers, it was reported that 12,000 – or 38% - had switched to a lighter brand, some as a smoking cessation tactic.

Of those who moved to a milder version of their normal cigarettes, 20% said that the move was a combination of preferring the flavour, wanting to smoke a less harmful brand, and wanting to eventually give up. A quarter said they changed solely due to flavour.

Those who changed brands were likely to have tried quitting over the past year, but conversely were 60% less likely to have managed it.

Dr. Hilary Tindle, who lead the study, said, “It may be that smokers think that a lighter brand is better for their health and is therefore an acceptable alternative to giving up completely.”

In another study, it has been shown that using two smoking cessation treatments at once is the most likely to help smokers quit. While previous research only compared individual products with a placebo, this research looked at the 5 different ways to quit smoking, including gums, patches, and drugs like bupropion (Zyban), to see which were most effective. All were compared with a placebo. Champix, or varenicline, was not tested as at the time of the study it was not available.

Studying over a thousand people, the randomised control trial showed that overall, combining the use of a nicotine patch and sucking on a nicotine lozenge seemed to work best. After six months, 4 out of 10 people who followed this program had not started smoking again. However overall there was only a very small difference between the results gathered for the different methods.

Published in the journal Archives of General Psychiatry, the research is likely to be of interest to the NHS who are eager to encourage more Britons to give up smoking. While the current [smoking cessation treatment](#) they offer are quite wide, including Champix, nicotine replacement therapy and group therapy, smoking levels are putting strain on health resources due to cancers, heart disease and stroke. Health officials are therefore keen to develop more effective smoking cessation treatments and provide better information to those considering giving up.

## About the Author

Victor Anderson has written many Article on the topic of Champix and smoking. He recommends you to visit <http://www.theonlineclinic.co.uk/> for smoking cessation tratment.

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