

BroadcastMed | Combined Therapy Benefits Cigarette Smokers Trying to Quit Compared to Monotherapy

SPEAKER 1: So we're very interested in helping tobacco users quit tobacco. And one of the things we're most interested in seeing, if you combine different medications together, whether you can improve the ability of patients to quit over and above just one drug therapy alone.

And so what we did in this study is we combined two drugs, varenicline and bupropion, and compared that to varenicline alone for helping people quit smoking.

If you're a lighter smoker, one medication, varenicline, is enough. If you're a heavy smoker, varenicline plus bupropion is better.

Smokers who smoke a pack a day or more and for more dependent smokers that the use of two medications, varenicline and bupropion together, is going to lead to greater success than using just one medication, varenicline, alone.

What we learn is that varenicline is a very effective medication, and we see that in the results in this study. What we learn is that for lighter smokers, using varenicline alone is just as effective as using both medications together.