

Tobacco use among lymphoma survivors.

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Background: There is a growing body of literature establishing the risks associated with tobacco use among cancer survivors and benefits from discontinuing this behavior. Smoking behavior among lymphoma survivors is of interest due to the wide differences among the subtypes' demographic characteristics and treatment regimens, i.e. Hodgkin's lymphoma (HL) vs. diffuse large B-cell lymphoma (DLBCL). We reviewed tobacco use as reported by HL and DLBCL post-treatment survivors.

Methods: Data were abstracted from the electronic medical records (EMRs) of 154 survivors treated for DLBCL or HL and seen in the Lymphoma Survivorship Clinic between 10/1/2012 to 7/31/2013. Thirty-three records with diagnoses other than DLBCL or HL were excluded. Information on smoking patterns, demographic, and clinical characteristics was collected from EMRs. Data were analyzed by "never" smoked, "former" smoker, or "current smoker" status. Descriptive statistics summarized these data. The Institutional Quality Improvement Assessment Board approved this project.

Results: A total of 121 patients' records were included in this review. Of these 54.2% survivors were diagnosed with DLBCL and 45.8% with HL. The majority of DLBCL (64%) and HL survivors (77.7%) reported never having smoked. Overall, survivors in the DLBCL group, regardless of smoking status, were mostly white (85.9%), men (51.5%), married (79.9%), 9.6 (SD 4.3) years since diagnosis, and with a mean age of 63.3 (13.2 SD) years. In the HL group, the majority were white (79.6%), married (74.1%), similar in gender (50%), 13.3 (SD 6.8) years since diagnosis, and with a mean age of 46.0 (SD 12.0) years. In the DLBCL group, more men (73.9%) than women quit smoking and more women (61.0%) than men reported never smoking. Current smokers (2.5%) were all white, varied in sex, and with a mean age of 69.7 (SD 7.6) years.

Conclusion: Overall, survivors of HL and DLBCL predominantly reported not ever engaging in smoking or stopping their tobacco use. Further investigation is needed to identify factors that may have motivated this group of lymphoma survivors to never smoke and/or to quit smoking. This information can then be used to personalize smoking cessation interventions for other cancer survivors.