



# NICOTINE REPLACEMENT THERAPY □

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*Clinical pharmacy*

*4<sup>th</sup> stage*



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## SMOKING CESSATION

- *It is characterized by an excessive accumulation of fat in the body.*
- *It results from an imbalance of energy intake and energy expenditure.*

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- *It is a chronic metabolic disorder that is determined by multiple biological and environmental factors, a sedentary lifestyle, and a genetic predisposition.*
- *It is associated with an increased risk of stroke, CHD, type 2 diabetes, hypertension and dyslipidemia.*

# CAUSES

- *The exact cause of obesity is likely a mixture of genetic, environmental, and behavioral factors.*
1. *Genetic (including the ob (obesity) gene encoding leptin and the db (diabetes) gene.*
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2. *Dysregulation of the hypothalamic-pituitary-adrenal, hypothalamic pituitary- gonadal, and hypothalamic-pituitary-thyroid axes. Alterations in hypothalamic functioning are associated with appetite changes, mood disorders, and neuroendocrine disturbances.*

# CAUSES

## ***3. Dysregulation of neurotransmitters:***

***I. Serotonin.***

***II. Dopamine.***

***III. Norepinephrine.***

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## ***4. Neuropeptide and leptin dysregulation:***

***I. Leptin.***

***II. pancreatic polypeptides NPY and peptide YY (PYY).***

***III. GI peptides.***

# CAUSES

5. *The influences of society, culture, sedentary lifestyle, and socioeconomic status.*
6. *Medical conditions such as hypothyroidism, polycystic ovarian syndrome, Cushing syndrome, and growth hormone deficiency.*
7. *Medications that stimulate appetite like antipsychotic,  $\alpha$ -Blockers and  $\beta$ -blockers, Antidepressants, Antidiabetics, Antiepileptic drugs, Antihistamines, Glucocorticoids, Mood stabilizers, Progestin-containing hormones and Protease inhibitors (e.g., ritonavir, indinavir).*

# ASSESSMENT

1. *Body mass index (BMI).*
2. *waist circumference may be a better predictor of obesity.*
3. *Accurate assessment of body fat mass or fat distribution can be obtained using medical imaging and testing such as computed tomography, magnetic resonance imaging, dual-energy x-ray absorptiometry, underwater body weighing, air displacement, total body water measurement, and bioelectric impedance and conductivity.*

# MANAGEMENT

*A 3-month programme of weight reduction should aim for a 5- to 10-kg weight loss over 3 months or 0.5 kg per week (combining diet, exercise and behavioral strategies).*

- 1. The recommended calorie intake should be between 1200 and 1600 kcal per day.*
- 2. Increased physical activity at least 30 min of steady activity for 5 or more days a week is recommended.*



# MANAGEMENT

***3. Orlistat is reduce dietary fat absorption by inhibiting GI (stomach and pancreatic) lipase activity. It is used only in conjunction with a weight-loss programe.***

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- The main its side-effects are gastrointestinal (GI) related.***
  - Absorption of fat-soluble vitamins and other fat-soluble nutrients is inhibited by the use of orlistat.***



*Thank*

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*you*



1. How can you manage the dysmenorrhea?



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1. How can you differentiate vaginal thrush from other vaginal infection?