

and social networks. About 89.5% would like more information and recommendations validated by medical and nutritional specialists. The main reasons cited for consuming processed meat were the pleasant taste and ease of preparation (60%). At the same time, 58.9% of participants would change their eating habits to improve their health and reduce the risk of diseases, and 16.2% stated that they had already made this transition, opting for unprocessed meat.

**Conclusion(s).** The need to intensify efforts to inform and educate the population was emphasized, involving medical and nutritional specialists in promoting the truthful information sources necessary to reduce the risk of cardiovascular and oncological diseases associated with the consumption of processed meat.

**Keywords:** processed meat consumption, risks, cardiac disease, cancer

## **STRATEGIES FOR SMOKING CESSATION IN SPECIFIC POPULATION GROUPS**

*Tatiana Saracuța, Maria Garabajiu*

Catedra de medicină de familie, Facultatea de Reziidențiat, USMF “Nicolae Testemițanu”, Republica Moldova

**Background.** Smoking is a risk factor that negatively influences global morbidity and mortality. Smoking cessation significantly improves the risk of disease, but its implementation can be challenging for specific demographics, including adolescents, individuals suffering from chronic ailments, and certain social groups.

**Objective(s).** The aim of the study was the identification and analysis of optimal smoking cessation strategies for patients in specific groups, with a particular focus on those with chronic diseases.

**Materials and methods.** A narrative synthesis study was conducted, and 30 articles were evaluated following an analysis of the Google Scholar and PubMed databases using keywords. The analysis of international guidelines from official websites was also conducted. Inclusion criteria for the review: period 2020-2025, presence of full articles in English.

**Results.** The specific categories of diseases were pulmonary, cardiovascular, psychoneurological, and cancer. Common strategies for all categories involve therapeutic education, cognitive behavioral therapy, pharmacotherapy, and relapse control. For pulmonary and cardiovascular pathologies, pharmacotherapy employing high doses and combinations of medications is used. For psychoneurological diseases, cognitive behavioral therapy and pharmacotherapy under psychiatric supervision are used, mainly for long-term treatment. For cancer (mandatory in the case of chemotherapy/radiotherapy), counseling and medication under medical supervision are used.

**Conclusion(s).** Personalized smoking cessation strategies are applied to patients with chronic diseases, depending on the severity of the disease and the patient's level of dependence. The most effective methods are a combination of pharmacotherapy, cognitive behavioral support, and long-term supervision.

**Keywords:** strategies for smoking cessation, specific categories