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Abstract

Tobacco is currently responsible for the death of one in ten adults in the world. Indonesia is also most prevalent for smoking with a total amount of smokers 62,800,000 people. Cigarette smoke contains gaseous compounds, one of which is nicotine, a compound that results in addiction. Nicotine produces neurochemical effects through six pathways. One of these is dopamine that produces the feeling of reward. Due its short half-life, withdrawal symptoms occur quickly, and results in relapses that reinforce the reward and satisfaction, which starts the addiction cycle. Varenicline (champix®), a selective \( \alpha_4\beta_2 \) nicotinic acetylcholine receptor (nAChR), is a drug for smoking cessation treatment. Varenicline is indicated for smokers (especially chain-smokers) in adults. The presence of varenicline is associated with lowered dopamine release level. Studies found that varenicline had an acceptable safety and well-tolerated. The majority of adverse events are reported to be of mild-to-moderate intensity. Health benefits of this drug starts immediately after cessation, and fifteen years afterwards, the CHD risk of the patient may be smaller to that of a non-smoker.

Keyword : tobacco, cigarette, smoke, nicotine, dopamine, smoking, cessation, ,

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