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NANTES
Halle 6

**Addictions, précarité et échec de sevrage
chez les survivants d'un carcinome
épidermoïde de la tête et du cou.**



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[Cancers \(Basel\)](#). 2023 Feb; 15(4): 1231.

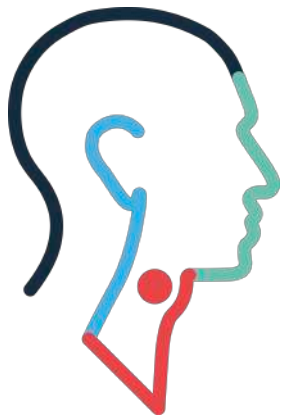
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Addictions, Social Deprivation and Cessation Failure in Head and Neck Squamous Cell Carcinoma Survivors

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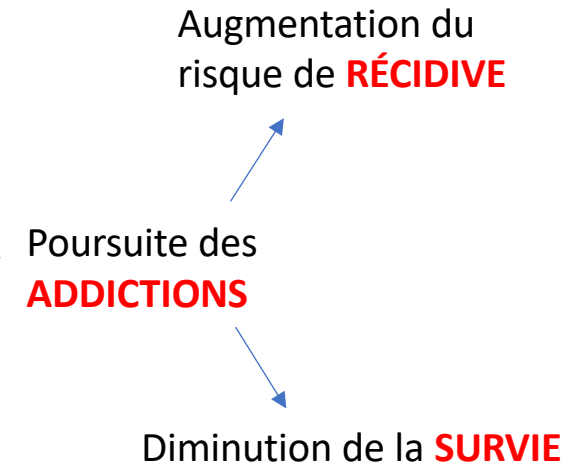
● Introduction

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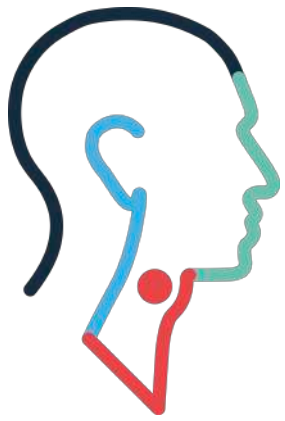
AIDE À L'ARRÊT DU TABAC/ALCOOL

FDR modifiables



Penfold, C.M.; Thomas, S.J.; Waylen, A.; Ness, A.R. Change in Alcohol and Tobacco Consumption after a Diagnosis of Head and Neck Cancer: Findings from Head and Neck 5000. *Head Neck* **2018**, *40*, 1389–1399. [[CrossRef](#)] [[PubMed](#)]

Shingler, E.; Robles, L.A.; Perry, R.; Penfold, C.; Ness, A.R.; Thomas, S.; Lane, J.A.; Martin, R.M. Systematic Review Evaluating Randomized Controlled Trials of Smoking and Alcohol Cessation Interventions in People with Head and Neck Cancer and Oral Dysplasia. *Head Neck* **2018**, *40*, 1845–1853. [[CrossRef](#)]

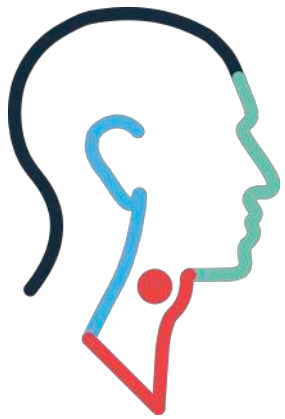


● Objectif

Evaluer l'évolution de la **consommation** et la **dépendance** au **tabac** et à **l'alcool**, ainsi que la **précarité sociale**, chez les survivants d'un premier carcinome épidermoïde de la tête et du cou (CETEC), pour lesquels la prise en charge de ces 3 FDR avait été proposée au moment du diagnostic.

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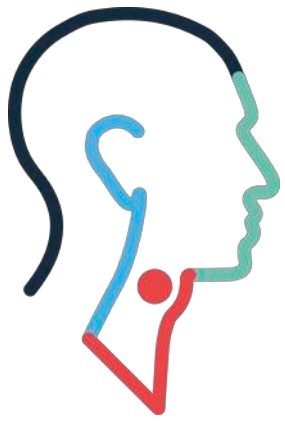


● Matériel et méthodes

Etude **prospective**, **monocentrique**, **observationnelle** menée entre janvier 2017 et décembre 2019.

Critères d'inclusion: patients avec un **CETEC nouvellement diagnostiqué**, éligibles à un **traitement chirurgical**.

Evaluation des **addictions** (score de Fagerström, questionnaire DETA) et de la **précarité sociale** (score EPICES) par une infirmière de coordination à T0, T1 (6 mois), T2 (1 an).



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● Matériel et méthodes

Dépendance au **tabac**
(score de Fagerström > 2)

Dépendance à **l'alcool**
(questionnaire DETA ≥ 2)

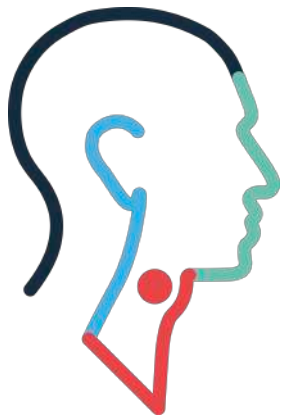


ADDICTOLOGIE

Précarité sociale (score
EPICES ≥ 30.17)



SERVICES SOCIAUX



● Résultats (T0)

329 patients éligibles, 147 patients décédés avant T2, **182 patients inclus dans l'étude.**

Analyse comparative :

92 (51%) fumeurs, 63 (35%) anciens fumeurs, 27 (15%) non fumeurs

78 (43%) buveurs, 38 (21%) anciens buveurs, 66 (36%) non buveurs

Score EPICES moyen = 29 [± 20.9]



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● Résultats (T0): analyse univariée sur la consommation en tabac

	At Time of Diagnosis (T0)						One Year after Diagnosis (T2)						
	Current smoker (n = 92)		Current non-smoker (n = 90)		n	p	Current smoker (n = 38)		Current non-smoker (n = 144)		n	p	Test
	Current smoker (n = 92)	Former smoker (n = 63)	Never-smoker (n = 27)	Persistent smoker (n = 37)			Smoking Relapse (n = 1)	Former smoker (n = 117)	Never-smoker (n = 27)				
Age (mean ± SD)	60.9 ± 9.5	67.9 ± 10.9	67.3 ± 12.5	182	<0.001	Kruskal-Wallis	60.4 ± 9.3	60	64.9 ± 10.8	67.3 ± 12.5	182	0.018	Kruskal-Wallis
Sex													
Male (n -%)	75 (54.7%)	54 (39.4%)	8 (5.8%)	137 (100%)	<0.001	Fisher	30 (21.9%)	1 (0.7%)	98 (71.5%)	8 (5.8%)	137 (100%)	<0.001	Fisher
Female (n -%)	17 (37.8%)	9 (20%)	19 (42.2%)	45 (100%)			7 (15.6%)	0	19 (42.2%)	19 (42.2%)	45 (100%)		
Body Mass Index (BMI)													
<18.5	17 (89.5%)	2 (10.5%)	0	19 (100%)									
18.5-24.9	49 (50%)	30 (30.6%)	19 (19.4%)	98 (100%)	<0.001	Fisher							
25-30	24 (54.7%)	25 (47%)	4 (7.5%)	53 (100%)									
>30	2 (16.6%)	6 (50%)	4 (33.3%)	12 (100%)									
Addiction and Precairy													
CAGE score (mean ± SD)	1.5 ± 1.4 (1 missing value)	0.7 ± 1.2	2 ± 1	115	0.008	Kruskal-Wallis	1.47 ± 1.63 (1 missing value)	0	1.13 ± 1.39	0	115	0.58	Kruskal-Wallis
EPICES score (mean ± SD)	36.2 ± 22.1 (2 missing values)	22.8 ± 17.8	18.9 ± 14.5	180 (2 missing values)	<0.001	Kruskal-Wallis	29.0 ± 22.1 (2 missing values)	49.1	20.7 ± 20.2	18.9 ± 14.5	180 (2 missing values)	0.002	Kruskal-Wallis
Alcohol Consumption:													
Current drinker (n -%)	55 (70.5%)	21 (26.9%)	2 (2.5%)	78 (100%)			18 (52.9%)	0	14 (41.2%)	2 (5.9%)	34 (100%)		
Former drinker (n -%)	19 (50%)	18 (47.4%)	1 (2.6%)	38 (100%)	<0.001	Fisher	15 (18.5%)	1 (1.2%)	65 (80.2%)	1 (1.2%)	81 (100%)	<0.001	Fisher
Never-drinker (n -%)	18 (27.3%)	24 (36.4%)	24 (36.4%)	66 (100%)			4 (6%)	0	38 (57.6%)	24 (36.4%)	66 (100%)		
Alcohol relapse (n -%)							1 (100%)	0	0	0	1 (100%)		

SD = standard deviation.

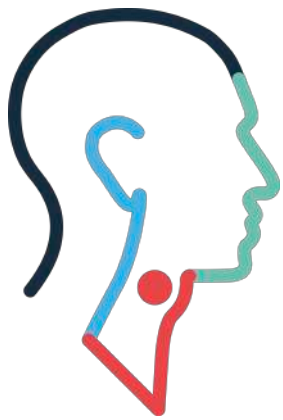


● Résultats (T0): analyse univariée sur la consommation en alcool

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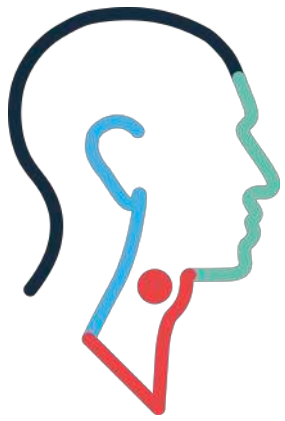
	At Time of Diagnosis						One Year after Diagnosis						
	n	Current drinker (n = 78)		Current non-drinker (n = 104)		p	Test	Current drinker (n = 35)		Current non-drinker (n = 147)		p	Test
		Current drinker (n = 78)	Former drinker (n = 38)	Never-drinker (n = 66)	Persistent drinker (n = 34)			Alcohol relapse (n = 1)	Former drinker (n = 81)	Never-drinker (n = 66)			
Age (mean ± SD)	182	61.8 ± 9.4	62.3 ± 9.6	68.3 ± 12.3	<0.001	Kruskal-Wallis	60	62	61	69	<0.001	Kruskal-Wallis	
Sex													
Male (n -%)	137	70 (38.5%)	30 (16.5%)	37 (20%)	<0.001	Fisher	32	0	68	37	<0.001	Fisher	
Female (n -%)	45	8 (4.5%)	8 (4.5%)	29 (16%)			2	1	13	29			
BMI													
<18.5	98	42 (54%)	22 (58%)	34 (52%)	0.23	Fisher							
18.5–24.9	53	21 (27%)	9 (24%)	23 (35%)									
25–30	19	11 (14%)	6 (16%)	2 (3%)									
>30	12	4 (5.1%)	1 (2.6%)	7 (11%)									
Addiction and Precarity													
Fagerström score (mean ± SD)	154	3.24 ± 2.86	2.19 ± 3	1.14 ± 2.29	<0.001	Kruskal-Wallis	3.75 ± 3.1 (1 missing value)	0	2.58 ± 2.7	0.35 ± 1.1	<0.001	Kruskal-Wallis	
EPICES score (mean ± SD)	180	34.1 ± 21.9 (1 missing value)	32.7.8 ± 21	20.8 ± 17.1 (1 missing value)	<0.001	Kruskal-Wallis	35.2 ± 22.1 (1 missing value)	30.8	33.3 ± 21.6	15.9 ± 15.1 (1 missing value)	0.02	Kruskal-Wallis	

SD = standard deviation.



● Résultats (T0): analyse univariée sur la précarité sociale

Years	EPICES Score (Mean ± SD)	n	p	Test	
Family situation					
t = 0	Living alone	23.6 ± 18.7 (2 missing values)	118 (64.8%)	<0.001	Kruskal-Wallis
	Married life/In a relationship	36.9 ± 20.9	49 (26.9%)		
	Living with a relative (i.e., family member or informal care giver)	45.3 ± 22.2	15 (8.3%)		
Activity					
t = 0	Retired	25 ± 17.9 (1 missing value)	106 (58.2%)	<0.001	Kruskal-Wallis
	Employed	31 ± 23.2 (1 missing value)	39 (21.4%)		
	Disabled	30.6 ± 23.2	19 (10.4%)		
	Looking for a job	45.9 ± 22.5	16 (8.8%)		
	Guardianship	54.1 ± 18.8	2 (16.6%)		
Body Mass Index (BMI)					
t = 0	<18.5	50.1 ± 23.3	19 (10.4%)	<0.001	Kruskal-Wallis
	18.5–24.9	28.3 ± 20.5 (2 missing value)	97 (53.3%)		
	25–30	24.3 ± 16.9	53 (29.1%)		
	>30	21 ± 17.4	11 (6%)		



● Résultats (T2)

Analyse comparative:

Pour le **tabac**:

38 (21%) fumeurs, 117 (64%) anciens fumeurs, 27 (15%) non fumeurs.

→ 60% des fumeurs à T0 ont arrêté de fumer à T2

Amélioration du Fagerström chez les fumeurs (1.40 [\pm 2.14] à T2 vs 4.90 [\pm 2.67] à T0).

Pour l'**alcool**:

35 (19%) buveurs, 81 (55%) anciens buveurs, 66 (36%) non buveurs.

→ 56% des buveurs à T0 ont arrêté de boire à T2

Amélioration du DETA chez les buveurs.

Pour la **précarité sociale**:

Score EPICES moyen = 22.9 [\pm 16.5].

→ Baisse de la précarité sociale chez 47% des patients

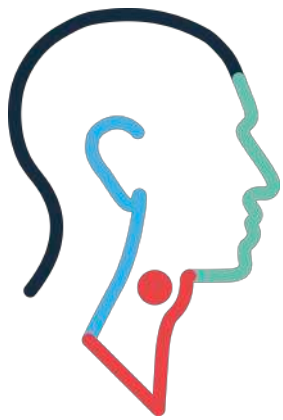


● Résultats (T2): analyse univariée sur la consommation en tabac

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	At Time of Diagnosis (T0)						One Year after Diagnosis (T2)							
	Current smoker (n = 92)		Current non-smoker (n = 90)		n	p	Test	Current smoker (n = 38)		Current non-smoker (n = 144)		n	p	Test
	Current smoker (n = 92)	Former smoker (n = 63)	Never-smoker (n = 27)	Persistent smoker (n = 37)				Smoking Relapse (n = 1)	Former smoker (n = 117)	Never-smoker (n = 27)				
Age (mean ± SD)	60.9 ± 9.5	67.9 ± 10.9	67.3 ± 12.5	182	<0.001	Kruskal-Wallis	60.4 ± 9.3	60	64.9 ± 10.8	67.3 ± 12.5	182	0.018	Kruskal-Wallis	
Sex														
Male (n - %)	75 (54.7%)	54 (39.4%)	8 (5.8%)	137 (100%)	<0.001	Fisher	30 (21.9%)	1 (0.7%)	98 (71.5%)	8 (5.8%)	137 (100%)	<0.001	Fisher	
Female (n - %)	17 (37.8%)	9 (20%)	19 (42.2%)	45 (100%)			7 (15.6%)	0	19 (42.2%)	19 (42.2%)	45 (100%)			
Body Mass Index (BMI)														
<18.5	17 (89.5%)	2 (10.5%)	0	19 (100%)	<0.001	Fisher								
18.5-24.9	49 (50%)	30 (30.6%)	19 (19.4%)	98 (100%)										
25-30	24 (54.7%)	25 (47%)	4 (7.5%)	53 (100%)										
>30	2 (16.6%)	6 (50%)	4 (33.3%)	12 (100%)										
Addiction and Precarity														
CAGE score (mean ± SD)	1.5 ± 1.4 1 missing value	0.7 ± 1.2	2 ± 1	115	0.008	Kruskal-Wallis	1.47 ± 1.63 (1 missing value)	0	1.13 ± 1.39	0	115	0.58	Kruskal-Wallis	
EPICES score (mean ± SD)	36.2 ± 22.1 (2 missing values)	22.8 ± 17.8	18.9 ± 14.5	180 (2 missing values)	<0.001	Kruskal-Wallis	29.0 ± 22.1 (2 missing values)	49.1	20.7 ± 20.2	18.9 ± 14.5	180 (2 missing values)	0.002	Kruskal-Wallis	
Alcohol Consumption:														
Current drinker (n - %)	55 (70.5%)	21 (26.9%)	2 (2.5%)	78 (100%)	<0.001	Fisher	18 (52.9%)	0	14 (41.2%)	2 (5.9%)	34 (100%)	<0.001	Fisher	
Former drinker (n - %)	19 (50%)	18 (47.4%)	1 (2.6%)	38 (100%)			15 (18.5%)	1 (1.2%)	65 (80.2%)	1 (1.2%)	81 (100%)			
Never-drinker (n - %)	18 (27.3%)	24 (36.4%)	24 (36.4%)	66 (100%)			4 (6%)	0	38 (57.6%)	24 (36.4%)	66 (100%)			
Alcohol relapse (n - %)							1 (100%)	0	0	0	1 (100%)			

SD = standard deviation.

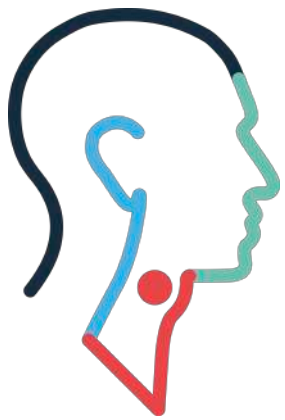


● Résultats (T2): variation de la dépendance à la nicotine chez les fumeurs

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Variation of Nicotine Dependence from Baseline (T0) to One Year Post-Diagnosis (T2)							
		Never nicotine-dependent (n = 77)	Improved nicotine dependence (n = 64)	Stable nicotine dependence (n = 6)	Worsened nicotine dependence (n = 7)	p	Test
Age (mean ± SD)	154	67.2 ± 1.10	59.8 ± 8.94	64.2 ± 5.04	62.7 ± 12.7	<0.001	Kruskal-Wallis
Sex							
Male (n -%)	129	65 (84%)	55 (86%)	4 (67%)	5 (71%)	0.66	Fisher
Female (n -%)	25	12 (16%)	9 (14%)	2 (33%)	2 (29%)		
According to EPICES Status at Time of Diagnosis							
Mean EPICES SCORE (±SD)	152	22.6 ± 16.2	39.3 ± 23.7	39.0 ± 19.8	36.0 ± 20.1	0.02	Kruskal-Wallis
According to Activity at Time of Diagnosis							
Retired (n -%)	88 (57.1%)	53 (60.2%)	28 (31.8%)	4 (4.5%)	3 (3.5%)	0.02	Fisher
Employed	32 (20.8%)	14 (43.8%)	16 (50%)	1 (3.1%)	1 (3.1%)		
UnemployedE							
Disabled (n -%)	16 (10.4%)	8 (50%)	7 (43.8%)	0	1 (6.2%)		
Looking for a job (n -%)	16 (10.4%)	2 (12.5%)	12 (75%)	1 (6.25%)	1 (6.25%)		
Guardianship (n -%)	2 (1.2%)	0	1 (50%)	0	1 (50%)		
According to the Variation of Alcohol Dependence among Ever-Drinkers (N = 112)							
Never alcohol-dependent (n -%)	50	30 (26%)	18 (16%)	2 (1.8%)	1 (0.9%)	<0.001	Fisher
Improved alcohol dependence (n -%)	48	14 (12.5%)	32 (28.4%)	0 (0%)	2 (1.8%)		
Stable alcohol dependence (n -%)	6	0	3 (2.7%)	2 (1.8%)	1 (0.9%)		
Worsened alcohol dependence (n -%)	8	2 (1.8%)	2 (1.8%)	1 (0.9%)	3 (2.7%)		

SD = standard deviation.

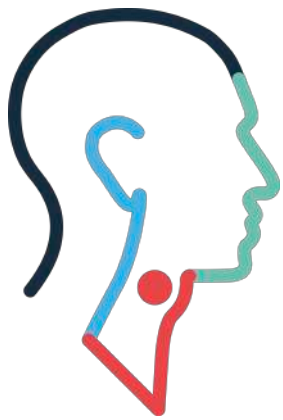


● Résultats (T2): analyse univariée sur la précarité sociale

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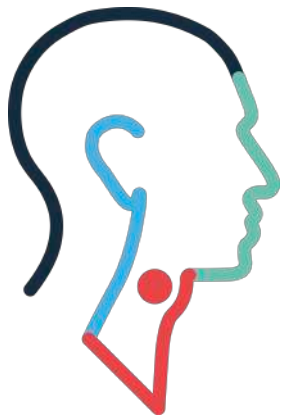
Years	EPICES score at time of diagnosis (mean SD)	n	p	Test
Function of variation of the EPICES score				
	Improved EPICES score	86 (47.2%)	<0.001	Kruskal-Wallis
	Stable EPICES score	57 (31.3%)		
	Worsened EPICES score	37 (20.3%)		
Function of Tobacco status one year after diagnosis				
t = 1	Never-smoker	27 (14.8%)	<0.001	Kruskal-Wallis
	Former smoker	37 (20.3%)		
	Persistent smoker	115 (63.2%) (2 missing values)		
	Smoking relapse	1 (0.5%)		
Function of alcohol status one year after diagnosis				
	Never-drinker	66 (36.3%) (1 missing value)	0.07	Kruskal-Wallis
	Former drinker	81 (44.5%)		
	Persistent drinker	33 (18.2%)		
	Drinking relapse	1 missing value		

SD = standard deviation.



● Résultats (T2): analyse prédictive des déterminants d'une consommation persistante en tabac chez les fumeurs

Independent Variables	Predictors of Smoking Persistence in Ever-Smokers									
	Univariate Analysis					Multivariate Analysis				
	Coefficient	Std. Error	p-Value	OR	CI 95%	Coefficient	Std. Error	p-Value	OR	CI 95%
Activity	0.3186	0.1643	0.0524	1.3753	0.9967 to 1.897	0.07142	0.2758	0.7957	1.074	0.6255 to 1.8441
Sex	-0.1525	0.4878	0.7546	0.8586	0.3300 to 2.2337	-1.1672	0.6662	0.0798	0.3112	0.0843 to 1.1487
Age	-0.0427	0.01912	0.0256	0.9582	0.9229 to 0.9948	0.005972	0.03396	0.8604	1.006	0.9412 to 1.0752
Number of pack-years	0.02068	0.009016	0.0218	1.0209	1.0030 to 1.0391	0.007017	0.0148	0.6355	1.007	0.9782 to 1.0367
Alcohol cessation failure	1.6958	0.4278	0.0001	5.4508	2.3567 to 12.6069	1.6774	0.573	0.0034	5.3515	1.7407 to 16.4528
Fagerström score	0.4898	0.08366	<0.0001	1.632	1.3852 to 1.9227	0.4813	0.1043	<0.0001	1.6181	1.3189 to 1.9851
Evolution of EPICES score	0.2219	0.2413	0.3579	1.2484	0.7779 to 2.0035	-0.2246	0.3089	0.4671	0.7988	0.4360 to 1.4634
Initial EPICES score \geq 30.17	1.0823	0.3854	0.005	2.9514	1.3865 to 6.2824	0.6755	0.502	0.1784	1.965	0.7346 to 5.2562



● Résultats (T2): analyse prédictive des déterminants d'une consommation persistante en alcool chez les buveurs

Independent variable	Predictors of Drinking Persistence in Ever-Drinkers									
	Univariate analysis					Multivariate analysis				
	Coefficient	Std. Error	p-Value	OR	CI 95%	Coefficient	Std. Error	p-Value	OR	CI 95%
Activity	0.2523	0.1789	0.1585	1.2869	0.9063 to 1.8274	0.2785	0.3158	0.3777	1.3212	0.7115 to 2.4533
Sex	0.648	0.677	0.3384	1.9118	0.5072 to 7.2059	0.1547	0.8641	0.8579	1.1674	0.2146 to 6.3493
Age	-0.02737	0.02353	0.2446	0.973	0.9292 to 1.0189	0.03564	0.03948	0.3666	1.0363	0.9591 to 1.1196
Smoking cessation failure	1.3412	0.4463	0.0027	3.8235	1.5942 to 9.1704	2.0937	0.6354	0.001	8.1147	2.3355 to 28.1949
CAGE score	0.8455	0.1728	<0.0001	2.329	1.6600 to 3.2677	0.9137	0.1934	<0.0001	2.4935	1.7067 to 3.6429
Evolution of EPICES score	0.1241	0.2576	0.6301	1.1321	0.6833 to 1.8757	0.1628	0.3741	0.6634	1.1768	0.5653 to 2.4499
EPICES score ≥ 30.17	-0.1787	0.4306	0.6781	0.8364	0.3597 to 1.9449	0.675	0.675	0.0221	0.2134	0.0568 to 0.8013



● Discussion

PEC addictologique au moment du diagnostic de CEDEC:

Baisse de la consommation en tabac/alcool à 1 an.

Supériorité des interventions ciblant de façon concomitante le tabac ET l'alcool.

Prédicteurs de l'échec de sevrage en tabac/alcool:

Dépendance élevée au tabac et à l'alcool.

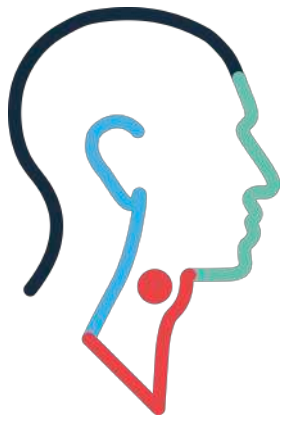
Précarité sociale.

→ **Facteurs psycho-sociaux +++**

Penfold, C.M.; Thomas, S.J.; Waylen, A.; Ness, A.R. Change in Alcohol and Tobacco Consumption after a Diagnosis of Head and Neck Cancer: Findings from Head and Neck 5000. *Head Neck* **2018**, *40*, 1389–1399. [[CrossRef](#)] [[PubMed](#)]

Sivasithamparam, J.; Visk, C.A.; Cohen, E.E.W.; King, A.C. Modifiable Risk Behaviors in Patients with Head and Neck Cancer. *Cancer* **2013**, *119*, 2419–2426. [[CrossRef](#)] [[PubMed](#)]

Allison, P.J. Factors Associated with Smoking and Alcohol Consumption Following Treatment for Head and Neck Cancer. *Oral Oncol.* **2001**, *37*, 513–520. [[CrossRef](#)]



● Discussion

Etude **prospective**, **nombre** important **de patients** inclus.

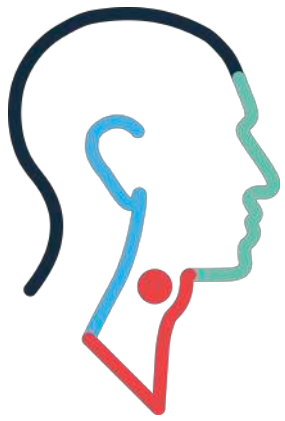
Mais...:

Pas de groupe contrôle.

Courte durée de suivi.

Pas d'informations sur le suivi ultérieur en addictologie/avec les services sociaux.

Répétition des tests → Biais cognitif.



● Conclusion

Intérêt d'une **PEC individualisée** incluant un **suivi addictologique et social** pour les patients les plus vulnérables.

Le développement d'interventions ciblant de façon concomitante les FDR modifiables de CETEC pourrait permettre une **amélioration de la survie** dans cette population.