

Tobacco Cessation: How to Quit!

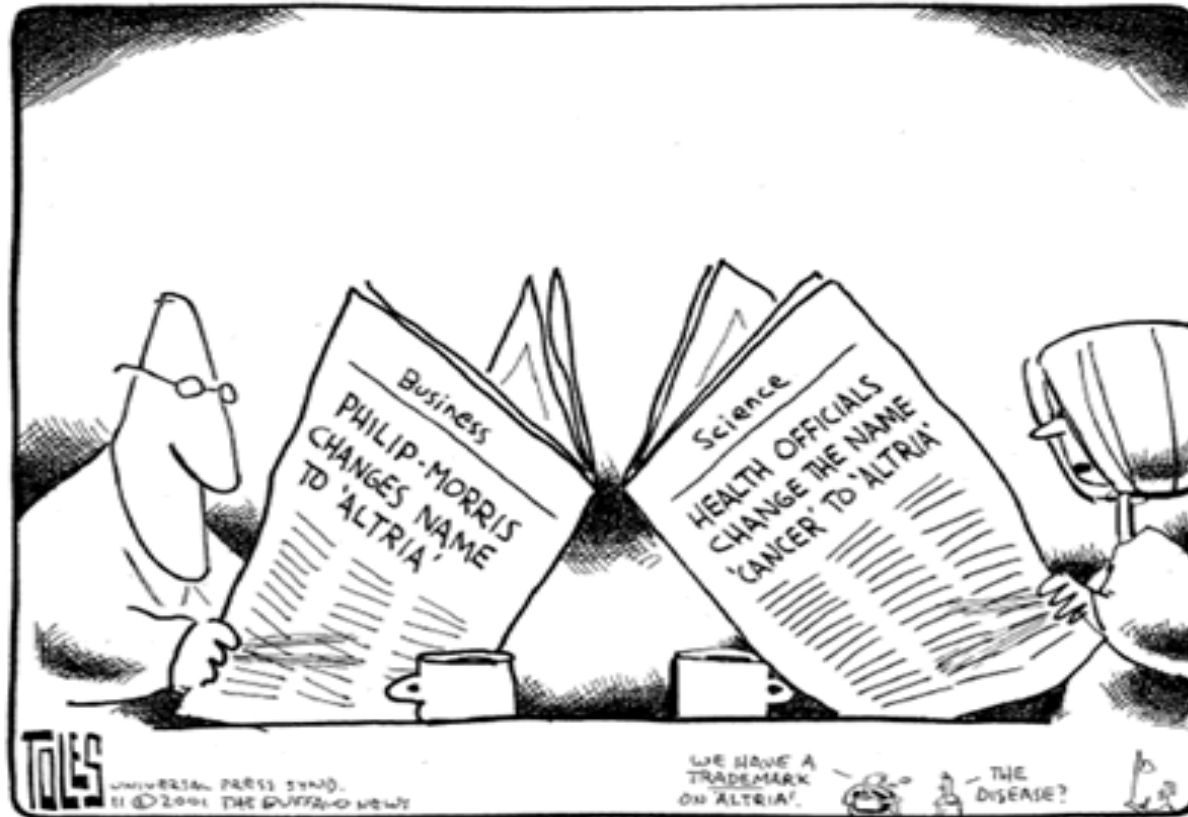
Presented To
Community Wellness Program
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Historica Vital et Mortis 1622

“The use of tobacco...conquers men with a certain secret pleasure so that those who have once been accustomed thereto can hardly be restrained therefrom”

Sir Francis Bacon



“There is little doubt in my mind that if it were not for nicotine, in tobacco smoke, people would be little more inclined to smoke than they are to blow bubbles or light sparklers”

Philip Morris Researcher 1976

CHEMICALS IN CIGARETTE SMOKE



Carcinogens

- N-Heterocyclic amines (8)
 - Formaldehyde
 - Acetaldehyde
 - 2-Toluidine
 - 2-Naphthylamine
 - 4-Aminobiphenyl
 - Benz(a)anthracene
 - Benzo(b)fluouranthene
 - Benzo(j)fluouranthene
 - Benzo(k)fluouranthene
 - Benzo(a)pyrene
 - Dibenz(a,h)anthracene
 - Dibenzo(a,i)pyrene
 - Dibenzo(i,l)pyrene
 - Indeno(1,2,3-cd)pyrene
 - 5-Methylchrysene
 - Quinoline
 - Dibenz(a,h)acridine
 - Dibenz(a,j)acridine

- 7H-Dibenzo(c, g)-carbazole
- N-Nitrosodimethylamine
- N-Nitrosoethylmethylamine
- N-Nitrosodiethylamine
- N-Nitrosopyrrolidine
- N-Nitrosodiethanolamine
- N-Nitrosoarocisine
- N-Nitrosornicotine
- N'-Nitrosoanabasine
- N-Nitrosomorpholine
- 4-(methylnitrosamino)-3-(pyridl)-1-butanone

Compounds

- Nicotine
- Alkaloids (17)

- Hydrocarbons (45)
- Phenols (45)
- Tobacco specific nitrosamines (6)
- Plus over 450 other compounds

Carcinogenic Inorganic Compounds

- Hydrazine
- Arsenic
- Nickel
- Chromium
- Cadmium
- Lead
- Polonium-210

Carcinogenic Organic Compounds

- 1,3 Butadiene
- Isoprene
- Benzene
- Styrene
- Vinyl chloride
- DDT
- DDE
- Acrylonitrile
- Acrylamide
- 1,1-Dimethylhydrazine
- 2-Nitropropane
- Ethylene oxide
- Di(2-ethylhexyl)phthalate
- Furan
- Benzo(b)furan

Why It's So Hard to Quit

- Craving – having a very strong want or need for a cigarette
- Habit – the ritual around smoking can be as strong a trigger as the physical

Unique Qualities of Nicotine Addiction

- Cigarette is a highly engineered drug-delivery system
- Inhaling produces a rapid distribution of nicotine to the brain
- Drug levels peak within 10 seconds in the brain
- Acute effects dissipate within minutes, causing the smoker to continue frequent dosing throughout the day
- Average smoker takes 200-300 boluses to the brain per day
- Easy to get, easy to use, and it is legal!

Nicotine Withdrawal Symptoms

- Constant cravings
- Insomnia
- Irritability
- Fatigue
- Frustration
- Anger
- Depression
- Difficulty concentrating
- Restlessness
- Increased appetite
- Anxiety

Withdrawal ebbs and flows for up to 3 months!

What are the Best Ways to Quit?

1. Decision - more important than the desire to quit
 - *Set a quit date
 - *As of quit date, total abstinence is essential
2. Preparation – quit plans are crucial
 - *Identify what helped/hurt in past quit attempts
 - *Anticipate triggers and challenges
3. Medications – at least double success rates
4. Support – professional assistance can be extremely effective

Benefits of Quitting

- At 1 year excess risk of coronary heart disease decreases to half that of a smoker
- At 5 years stroke risk reduces to that of people who have never smoked
- At 10 years the risk of lung cancer drops to one-half that of continuing smokers
- At 15 years the risk of coronary heart disease is now similar to that of people who have never smoked and the risk of death returns to nearly the level of people who have never smoked

Assessing Nicotine Dependence

1. How soon after you wake do you smoke your first cigarette or take you first dip?
 - <30 minutes 2
 - 31 - 60 minutes 1
 - >60 minutes 0

2. How many cigarettes per day or tins per week do you use?
 - <10 cigarettes or <1 tin 0
 - 11 - 20 cigarettes or 1 - 2 tins 1
 - 21-30 cigarettes or >2-3 tins 2
 - >30 cigarettes or > 3 tins 3

3. Do you find it difficult to refrain from using tobacco in places where it is forbidden (e.g., movies, work, etc)?
 - Yes 1
 - No 0

Scoring: 0 - 2 (LOW) 3 - 4 (MEDIUM) 5 - 6 (HIGH)

Nicotine Gum



- Available since 1984
- OTC 1995
- 2 mg recommended for patients smoking less than 1 pack per day
- 4 mg for patients smoking over 1 pack/day
- Full dose absorbed in about 20 minutes
- Chew/park technique
- Generic option

Nicotine Patch

- Available since 1994
- OTC 1996
- 21 mg recommended for patients smoking 1 pack per day
- 14 mg for patients smoking 1/2 pack/day
- 7 mg for patients smoking 5 or less cigarettes a day
- Full dose absorbed in about 2 hours
- Generic option



Nicotine Inhaler[®]



- Available since 1998 - Rx
- Each cartridge delivers 4 mg of nicotine over 80 inhalations
- Full dose absorbed in about 20 minutes
- Designed to combine pharmacological and behavioral substitution

Nicotine Nasal Spray Nicotrol NS[®]

- Available since 1996 – Rx
- Each spray delivers 0.5 mg of nicotine
- Full dose absorbed in less than 5 minutes
- Minimum recommended treatment is 8 doses per day



Nicotine Lozenge

Commit Lozenge.
Real power. Real help.



- Available since 2002 - OTC
- 2 mg recommended for patients who smoke more than 30 minutes after waking
- 4 mg for patients who smoke within 30 minutes of waking
- Full dose absorbed in about 20 minutes

Non-Nicotine Medications

Bupropion[®]

- An atypical antidepressant with dopaminergic and noradrenergic activity
- First FDA approved non-NRT
- Can be used in combination with NRT
- Is effective in those with no current or past depressive symptoms



Non-Nicotine Medications

Varenicline[®]

A daily, ongoing support plan
exclusively for Chantix users

CHANTIX[™]
transvarenicline

Take advantage

Get advice • encouragement • support

Start today.

Call 1-877-CHANTIX

or go to www.chantix.com



- A partial nicotinic acetylcholine receptor agonist
- Specifically indicated for use as an aid in smoking cessation
- Provides some nicotine effects to ease withdrawal symptoms
- Blocks effects of nicotine

Other Therapies

- Alternative Therapies →
 - Laser Therapy
 - Acupuncture/Acupressure

- On The Horizon
 - Newer Nicotine Partial Agonists
 - Vaccinations

Roll your mouse over the highlighted points to see the areas that our **Acculaser Therapy** will stimulate to help you **stop smoking!**



Auricular



Head/Face



Hand/Arm



Leg



Group Program Agenda

Session 1	Orientation & Introductions Understanding addiction Preparation
Session 2	Benefits of Quitting Withdrawal Symptoms Cessation Strategies
Session 3	QUIT DAY
Session 4	Motivation Reinforcement Support Systems

Group Program Agenda (continued)

Session 5	Lifestyle issues: Nutrition/weight concerns Exercise
Session 6	Stress Management Relaxation Skills New Self Image
Session 7	Ex-smokers panel
Session 8	Relapse prevention Graduation & celebration

Surgeon General's Website

www.surgeongeneral.gov/tobacco/default.htm

Consumer information in multiple languages

Take Control

1-800-QUIT-NOW

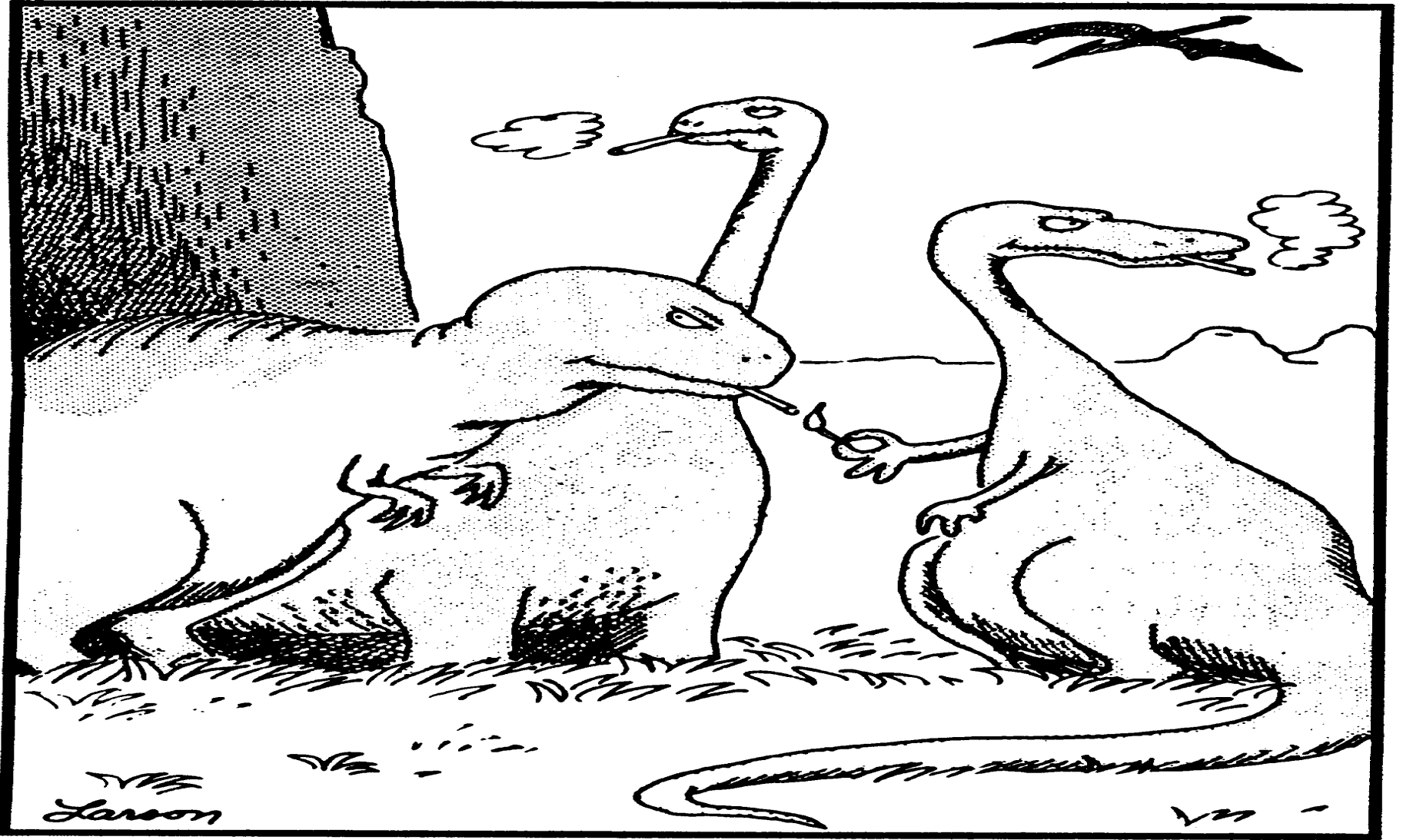
Call. It's free. It works.

1-800-784-8669

www.smokefree.gov



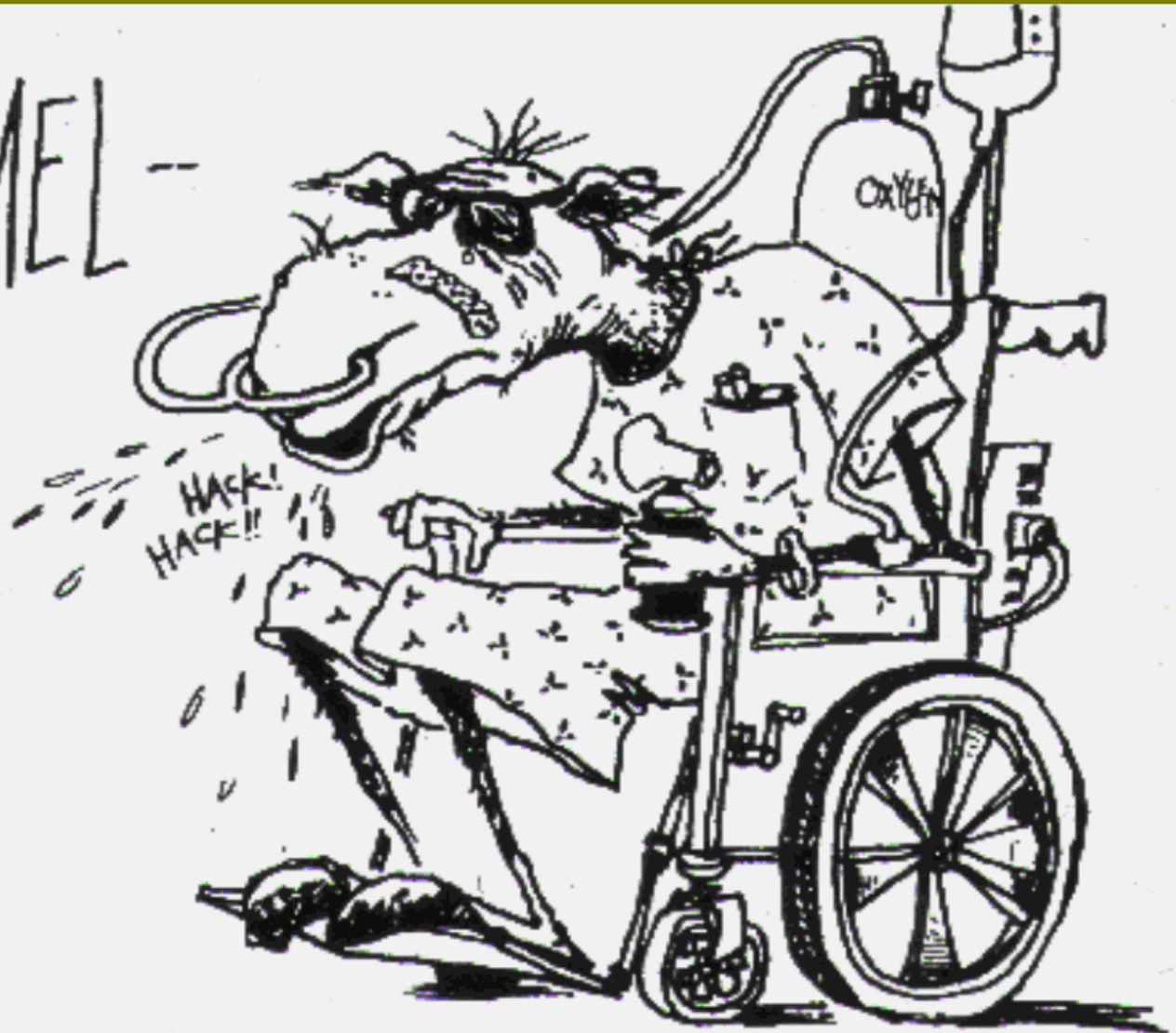
“A cigarette is the perfect type
of a perfect pleasure.
It is exquisite, and it leaves one unsatisfied.”
(Oscar Wilde)



The real reason dinosaurs became extinct

What about Joe Camel?

JOE CAMEL --
THE LATER
YEARS



Summary

- Nicotine dependence is a chronic condition
- It is possible to quit even if there is not a desire to quit
- There are safe and effective medications to assist with quitting
- Credible resources are available to every tobacco user

Questions and Answers