

Smoking Cessation Strategies: What Works?

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Smoking Morbidity and Mortality

- Smoking is a known cause of:
 - multiple cancers
 - heart disease
 - Stroke
 - COPD
- Smoking is (arguably) the most important modifiable risk factor for CVD
- Smoking causes 443,000 deaths in the US/year
 - 126,000 due to CVD
 - 50,000 more due to second-hand smoke exposure

Effects of Smoking Cessation

- Quitting Smoking:
 - before the age of 40 reduces smoking related mortality risk by 90%
 - before the age of 55 adds 6-10 years to lifespan
 - after a heart attack reduces 2 year mortality by 36%
 - after a lung cancer diagnosis greatly reduces recurrence and mortality

Smoking Statistics

- National smoking rate 2012: 19.6%
 - RI 17.4%
 - MA 16.4%
- 69% want to stop smoking completely
- 52% attempted to quit in past year
 - 5% of attempts are successful
 - 68% attempted without any medication or counseling

Smoking Cessation at Medical Visits: The 5As

- **Ask** about smoking status at every visit
- **Advise** to quit (clear, strong, personalized)

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Ask + Advise alone
increase quit rates by 2.5%

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- **Assess** willingness to make a quit attempt
- **Assist** in development of a quit plan
- **Arrange** for follow-up (1 week is ideal)

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Depending on setting,
these may be referred out

First Line Treatments

- Behavioral counseling
 - Individual, group, Quit-lines
- Nicotine Replacement Therapy (NRT)
 - Nicotine Patch (OTC)
 - Nicotine Gum (OTC)
 - Nicotine Lozenge (OTC)
 - Nicotine Inhaler (Rx)
 - Nicotine Spray (Rx)
- Pill Medication (start 1-2 weeks before cessation)
 - Bupropion SR (Wellbutrin, Zyban)
 - Varenicline (Chantix)
 - Highest quit rates and most side effect concerns

Combination Treatments Are Most Effective

- Any medication + counseling
- Nicotine patch + other NRT
- Any NRT + Bupropion

Relapse...

- Even with the best treatments, 65% of your patients that attempt to quit will be smoking again in 6 months

Safety Concerns

- NRT has very few safety concerns
 - Contraindications: Pregnant/nursing, skin allergies (patch), severe reactive airway disease (nasal spray)
 - Common side effects: “vivid dreams” (patch)
 - **Generally safe for CVD patients**
 - “use with caution” within 2 weeks of MI and for those with serious arrhythmias or unstable angina

Safety Concerns

■ Bupropion

- Contraindications: pregnancy, history of seizure or eating disorder, MAO inhibitor in past 14 days
- Common side effects: insomnia
- **Generally well tolerated in CVD patients**
 - **Even post-MI patients**

Safety Concerns

■ Varenicline

- Contraindications: pregnancy
- Common side effects: Nausea, trouble sleeping, abnormal/strange dreams
- Black box warning for hostility & agitation, depressed mood and suicidal ideation/behavior
- Small increase in risk of cardiac events in both CVD and non-CVD samples

Patients who are unmotivated to Quit: 5Rs

- Discuss with patients:
 - personal *Relevance* of smoking,
 - *Risks* of smoking
 - *Rewards* of quitting
 - *Roadblocks* to quitting
 - for which the provider suggests possible solutions
 - *Repeat* at subsequent visits

Resources

- Clinical guidelines (includes dosing recommendations)
 - Fiore et al 2008: "Treating Tobacco Use and Dependence: 2008 Update"
 - www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/treating_tobacco_use08.pdf

Resources

- 1-800-QuitNow
- quitnowri.com (includes local resources)
- nicotine-anonymous.org
- BeTobaccoFree.gov
- Smokefree.gov (also in Spanish)