

AU InforMed

Volume 15 Number 9 (Issue 296)

Monday October 2, 2017

Guest Editors: Brittany Croxton, Kelsey Dobbs, and Carolyn Newman, Pharm.D. Candidates, Bernie Olin, Pharm.D.



Key Inforbits

- Health Benefits
- 5 A's of Smoking Cessation
- Counseling
- 5 R's of Patient Resistance
- Smoking Cessation Therapies
- Resources Available

Smoking Cessation



Available from: <http://multiple-sclerosis-research.blogspot.com/2017/04/clinicspeak-is-it-time-to-stop-smoking.html>

October is National Healthy Lung Month. The number one risk factor for lung cancer is cigarette smoking.¹ Furthermore, smoking is the leading cause of preventable disease and death worldwide.² Join us in this month's issue of *AU InforMed* as we delve deeper into the topic of smoking cessation and how YOU can participate in National Healthy Lung Month.

Health Benefits of Quitting

- Cigarette smoking kills more than 480,000 Americans each year and over 5 million people globally each year^{2,3}
- Smoking has been considered a leading risk factor for early mortality and disability worldwide, second only to high-systolic blood pressure³
- Smoking-related illness in the U.S. costs more than \$300 billion per year⁴
- More people in the U.S. are addicted to nicotine than any other drug
- Lowers the risk for lung cancer and lung diseases such as COPD
- Reduces the risk for heart disease, stroke, and peripheral vascular disease
- Reduces respiratory symptoms, such as coughing, wheezing, and shortness of breath⁵



Available from: <https://www.quit.ie/1-Want-to-Quit/ready/>

Five Major Steps of Intervention⁶

1. Ask about tobacco use

a. Examples:

- How many cigarettes do you smoke per day?
- How long have you been smoking?
- Have you had any changes with your smoking habits?
- Have you tried to quit smoking before? If so, how did you quit?

2. Advise tobacco users to quit

- a. Discuss benefits of smoking cessation with patient
- b. Provide clear, patient-specific advice

3. Assess readiness to make a quit attempt

- a. Determine patient's motivation to quit
 - Personal health, relationships, cost
- b. Identify the patient's barriers to quitting
 - Weight gain, withdrawals, social acceptance
- c. Identify and help minimize triggers
 - Social encounters, stress, drinking coffee

4. Assist with the quit attempt

- a. Set a quit date
 - It is best to pick a quit date within the next 2 weeks.
 - Within these 2 weeks, it is important to prepare a smoke-free personal space (home, vehicle).
- b. Product recommendation and counseling

5. Arrange follow-up

- a. Contact patient around the time of their quit date to evaluate progress
- b. Contacting patients at least 4 more times has been shown to increase cessation success



Available from:
<https://www.nysmokefree.com/ME/CME1images/5As.jpg>



Available from: <http://healthori.org.ng/how-to-quit-smoking/>

Don't think you can remember all this information?

Just remember the "5 A's" to help!



Available from: <http://802quits.org/providers/provider-resources/>

Is your patient not ready to quit?⁶

1. **Relevance**
 - a. Identify patient-specific reasons to stop smoking
2. **Risks**
 - a. Discuss negative health outcomes associated with continued smoking
3. **Rewards**
 - a. What benefits will the patient gain after quitting smoking?
4. **Roadblocks**
 - a. Identify patient-specific barriers to change
5. **Repeat**
 - a. Assess readiness at each encounter



Available from: <http://www.walthampton.com/success/roadblocks-hula-hoops/attachment/roadblock/>

Table 1: Common Methods to Quit Smoking^{7,8}

Medication	Available Dosage Forms	Advantages	Disadvantages
Nicotine Gum	2 or 4 mg	<ul style="list-style-type: none"> • Oral substitute for tobacco • May be used in combination with other agents • May delay weight gain 	<ul style="list-style-type: none"> • Frequent dosing • Specific chewing technique required • Gum chewing may not be acceptable or desirable for certain patients
Nicotine Lozenge	2 or 4 mg		<ul style="list-style-type: none"> • Frequent dosing • Gastrointestinal adverse effects
Transdermal Nicotine Patch	7, 14, or 21 mg	<ul style="list-style-type: none"> • Once daily dosing • Delivers consistent levels of nicotine throughout the day • Easily hidden • May be used in combination with other agents 	<ul style="list-style-type: none"> • May not be acceptable for patients with certain dermatologic conditions • Vivid dreams may occur as an adverse effect if the patch is worn during sleep
Bupropion SR	150 mg	<ul style="list-style-type: none"> • Twice daily dosing • May delay weight gain • Antidepressant effect 	<ul style="list-style-type: none"> • May cause suicidal ideations • Increases risk of seizures • Drug interactions
Varenicline	0.5 or 1 mg	<ul style="list-style-type: none"> • Twice daily dosing • Alternate mechanism of action if bupropion ineffective or intolerable 	<ul style="list-style-type: none"> • May cause suicidal ideations • Dose-dependent nausea; take with food to minimize

Patient Resources

- AUPCC “Pack It Up” Program⁹
 - Located in the Harrison School of Pharmacy
 - Offers smoking cessation guidance and planning sessions with pharmacists and/or pharmacy students
 - Appointments can be made by calling (334) 844-4099
- Alabama QUITNOW¹⁰
 - Free telephone and online counseling for those ready to quit smoking
 - Offers up to eight weeks of nicotine replacement therapy patches for patients that are eligible
 - Website: www.quitnowalabama.com
 - Phone number: 1-800-QUITNOW (1-800-784-8669)
- BeTobaccoFree.gov¹¹
 - Website from the U.S. Department of Health & Human Services
 - Tips for quitting as well as how to help others quit smoking
- Freedom from Smoking¹²
 - Initiative by the American Lung Association
 - Personalized smoking cessation plan, helpful strategies from specialists, and online community interaction
 - Website: <http://freedomfromsmoking.org/>
- YOU!
 - Pharmacists are key in helping patients fight tobacco use.
 - Use this information; reach out to your patients!



Available from: <http://militaryhistorynow.com/2016/12/12/i-want-you-the-story-behind-one-of-the-most-famous-war-time-posters-in-history/>

References

1. CDC [Internet]. Atlanta: Centers for Disease Control and Prevention. Lung cancer; 2017 May 31 [cited 2017 Sep 21]; [about 2 screens]. Available from: https://www.cdc.gov/cancer/lung/basic_info/risk_factors.htm
2. American Lung Association [Internet]. Chicago (IL): Health effects of smoking; c2017 [cited 2017 Sep 21]; [about 2 screens]. Available from: <http://www.lung.org/stop-smoking/smoking-facts/health-effects-of-smoking.html>
3. Reitsma MB, Fullman N, Ng M, Salama JS, Abajobir A, Abate KH, et. al. Smoking prevalence and attributable disease burden in 195 countries and territories, 1990-2015: a systematic analysis from the Global Burden of Disease Study 2015. *Lancet*. 2017 May 13;389:1885-906.
4. CDC [Internet]. Atlanta: Centers for Disease Control and Prevention. Tips from former smokers; 2017 June 20 [cited 2017 Sept 21]; [about 2 screens]. Available from: <https://www.cdc.gov/tobacco/campaign/tips/resources/data/cigarette-smoking-in-united-states.html>
5. CDC [Internet]. Atlanta: Centers for Disease Control and Prevention. Smoking and tobacco use; 2017 Feb 1 [cited 2017 Sep 21]; [about 2 screens]. Available from: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm
6. Larzelere MM, Williams DE. Promoting Smoking Cessation. *Am Fam Physician*. 2012 Mar 15;85(6):591-598. Available from: <http://www.aafp.org/afp/2012/0315/p591.html>
7. American Academy of Family Physicians [Internet]. The Regents of the University of California. Pharmacologic product guide: FDA-approved medications for smoking cessation. 2016 Dec 21 [cited 2017 Sept 21]. Available from: http://www.aafp.org/dam/AAFP/documents/patient_care/tobacco/pharmacologic-guide.pdf
8. Bazil CW, Dalton VK, Epstein EJ, Gagliardi JP, Juurlink DN, Kim RB, et. al. Drugs for tobacco dependence. *The Medical Letter*. 2016 Feb 29;58(1489):27-31.
9. Tobacco Cessation. [Internet]. Auburn University Health Promotion and Wellness Services. [cited 2017 Sep 20]. Available from: <https://cws.auburn.edu/studentaffairs/healthandwellness/resources/?TobaccoCessation>
10. Quit Now Alabama. [Internet]. [cited 2017 Sep 20]. Available from: <http://www.quitnowalabama.com>
11. About Tobacco. [Internet]. BeTobaccoFree.gov. [cited 2017 Sep 19]. Available from: <https://betobaccofree.hhs.gov/quit-now/index.html>
12. American Lung Association [Internet]. Chicago (IL): Freedom from Smoking; c2017 [cited 2017 Sep 25]; [about 2 screens]. Available from: <http://freedomfromsmoking.org/>



The last “dose” ...

“I count him braver who overcomes his desires than him who conquers his enemies; for the hardest victory is over self.” – Aristotle [384-322 BC]

*An electronic bulletin of drug and health-related news highlights, a service of ...
Auburn University, Harrison School of Pharmacy, Drug Information Center*

- Phone 334-844-4400 • <http://www.auburn.edu/academic/pharmacy/dilrc/overview.html>
- Bernie R. Olin, Pharm.D., Director*