

Smoking Cessation

"Quitting smoking is easy, I've done it a thousand times!" –Mark Twain

Smoking cessation may not be easy, but half of adult smokers have been able to quit and new medical therapies can more than double your chance of successfully breaking the habit. Varenicline (Chantix) is a medication that works directly on the nicotine receptor, blocking the addictive effects of nicotine on the brain. Bupropion (Wellbutrin or Zyban) is an antidepressant that also blocks the nicotine receptor.

Both medications are generally well tolerated. For varenicline, the main side effects are nausea and insomnia. For bupropion, they are anxiety, insomnia, headache, stomach discomfort, tremor and agitation. Bupropion increases the risk of seizures at higher doses, so do not double-up on your dose. Bupropion may not be safe in people with bipolar disorder or eating disorders. Both medications are safe to take while smoking or taking nicotine replacement products.

Other medications that can help people quit include clonidine and n-acetylcysteine.

Although smoking increases your risk of dying from a heart attack, stroke and cancer, there is hope. If you are able to quit for 5-15 years, these risks will go down to normal.

1) Set a Quit Date

It's good to pick a quit date that will be easy for you, such as when you expect stress to be low, or even an important or busy day if that will help distract you from smoking. Also consider the medication you are taking in setting your quit date. Varenicline can work the first week, while bupropion takes 2-6 weeks to take effect. It is safe to smoke while taking these medicines, although you may experience greater side effects of varenicline.

2) Prepare for Your Quit Date

Before your quit date, smoke as much as you normally would but limit yourself to smoking in only one place. (If you can't limit to one, try two places). A place that is a constant part of your life (like your room or car) wouldn't be a good idea... the hope is that you will be able to *avoid* this smoking place after you quit to decrease the reminders that trigger the habit.

People tend to have more success with quitting when they go "cold turkey" (stopping cigarettes all the sudden rather than gradually). That's what you'll do on your quit date. Plan ahead for this:

- Make a list of all the reasons you want to stop smoking to review in times of cravings.
- Tell people about your quit date and write it on all your calendars.
- Make a list of "triggers": events or situations that make you want to smoke. Plan how you will deal with these.
- If you've tried quitting before and weren't successful, review what helped and what got in your way that time. Think of what you can do differently this time around.

3) Dealing with Cravings and Withdrawal Symptoms


Cravings are urges for cigarettes or nicotine; though they can be intense, keep in mind that they usually only last a few minutes. Withdrawal symptoms include *irritability, difficulty concentrating, trouble sleeping, fatigue, headache, increased appetite and digestive problems*. These usually last only a few weeks, and some people do not experience them at all.

Solutions to ease withdrawal are on the other side:

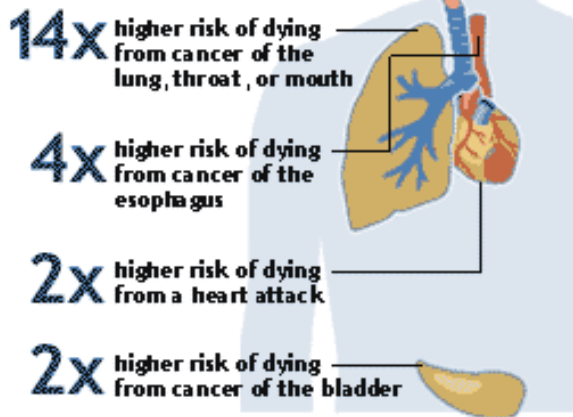
PROBLEM	SOLUTIONS
Nicotine Cravings	Distract yourself by walking, doing chores or socializing with non-smokers Develop other activities for your hands and mouth to replace the smoking habit, such as toothpicks, sugarless gum, drawing, cleaning, or exercise
Trouble sleeping	Find tips for better sleep at www.moodtreatmentcenter.com/sleep or through the free app <i>CBT-i Coach</i>
Constipation	Light exercise (walk briskly for 30 minutes a day), eat more fiber (fruits and vegetables or take over-the-counter supplements like metamucil); drink plenty of fluids. Try an over-the-counter remedy (docusate-Senna combination, generic of pericolace) Talk to your clinician if you aren't having daily bowel movements
Weight Gain	Diet and exercise (walk briskly for 30-60 minutes daily) are the best way to control weight gain, but dieting may be too difficult while you are concentrating on quitting. Some of the weight gain after smoking comes from snack-food, so try these tips: <ul style="list-style-type: none"> • Snack on raw vegetables, pretzels, or fruit • Drink water, juice or sparkling water instead of sodas and alcohol • Eat fish or chicken (non-fried) with vegetables for meals • Try sugarless gum or sugar-free hard candy
Anxiety and Irritability	Warn the people close to you that you might be moody while you quit Remember that you may have been using cigarettes to cope with stress and can now begin building new coping skills. Try a stress reduction app to learn mindfulness (Headspace, Insight Timer, Smiling Mind, iMindfulness, Mindfulness Daily) or deep breathing (Breath2Relax).
Loss of motivation	Keep a list of the reasons you decided to stop and review them Keep track of your progress Call friends for support, or 1-877-44U-QUIT for free professional support
Fatigue	Try light exercise (walk briskly for 30 minutes a day) in the afternoon
Cravings	Develop other activities for your hands and mouth to replace the smoking habit, such as toothpicks, sugarless gum, drawing, cleaning, or exercise
If you live with a smoker	Ask them to limit their smoking to one room or to smoke outdoors while you are trying to quit

Nicotine Replacement Therapies

Although these are available over-the-counter, they can have side effects and may not be safe for people with heart disease, blood vessel problems or who are pregnant. Talk to your clinician about whether and how you should use them.

THERAPY	DAILY DOSE	AVG LENGTH	SIDE EFFECTS
Transdermal Patch	24 hr patch: start 21 mg/day; may lower to 14 or 7 mg/day later. 16 hr patch: 15mg/day	8 weeks	Skin irritation, insomnia.
Polacrilex Gum	2 or 4mg pieces; chew 1 piece per hour as needed.	8 to 12 weeks	Mouth irritation, sore jaw, hiccups, stomach discomfort or indigestion.
Vapor Inhaler	6 to 16 cartridges per day (4mg in each cartridge)	3 to 6 months	Mouth and throat irritation, cough.
Nasal Spray	1 to 2 doses per hour (spray in each nostril). Doses are 0.5mg per nostril. Maximum of 40mg per day.	3 to 6 months	Nasal irritation, sneezing, cough, tearing eyes.
Lozenge	2 or 4mg dose; see package for exact dosing.	12 weeks	Hiccups, nausea, heartburn.
<p>Vaping (e-cigarettes)</p> <p>Although vaping is much safer than cigarettes, it is not safe. Aerosol from vapes contains cancer-causing chemicals and tiny particles that lodge themselves deep in the lungs. If you use vapes to come off cigarettes, plan to taper off the vape after a few months.</p> <p>Don't start vaping unless you are using them to stop smoking, and don't combine smoking with vapes. That will just expose you to more toxic chemicals. Stick with an FDA-approved vape, such as those manufactured by Logic Technology, NJOY, and Vuse. Scan QR code for full list:</p>			
<p>Nicotine Pouches</p> <p>Sold in 3 mg and 6 mg doses, pouches like Zyn, On!, VELO, and Rogue deliver nicotine directly into the bloodstream through the lip membrane. These use synthetic nicotine, avoiding some of the carcinogens in tobacco leaves. But they are not risk-free. They can cause cardiovascular issues, gum damage, and nausea. As with vapes, plan to taper off after using a pouch to stop smoking, and don't start pouches unless using them to stop smoking.</p>			

The average smoker is at a:



Source: AMA's Family Medical Guide

Online Resources

Self Help Site with Videos
whyquit.com

CDC on nicotine replacement therapies:
<https://www.cdc.gov/tobacco/>

Cigars and Smokeless Tobacco
www.cancer.org In the search box, enter "cigars" or "smokeless tobacco" for updates on risks from the National Cancer Institute.

Free Supports

Phone	1-800-QUIT-NOW (1-800-784-8669) 1-855-DÉJELO-YA (1-855-335-3569) (Español) 1-800-838-8917 (中文) 1-800-556-5564 (한국어) 1-800-778-8440 (Tiếng Việt)
Text	smokefree.gov/smokefreetxt Text QUITNOW to 333888; Texto DÉJELO YA al 333888 (Español)
App	quitSTARTapp
Local supports by state	https://www.naquitline.org

Benefits of Quitting...

20 minutes after quitting: Your blood pressure drops to a level close to that before the last cigarette. The temperature of your hands and feet increases to normal.

8 hours after quitting: The carbon monoxide level in your blood drops to normal.

24 hours after quitting: Your chance of a heart attack decreases.

2 weeks to 3 months after quitting: Your circulation improves and your lung function increases up to 30%.

1 to 9 months after quitting: Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia (tiny hair like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease.

15 years after quitting: The risk of coronary heart disease is that of a nonsmoker's.

(from the US Surgeon General's Report)