

## SMOKING CESSATION

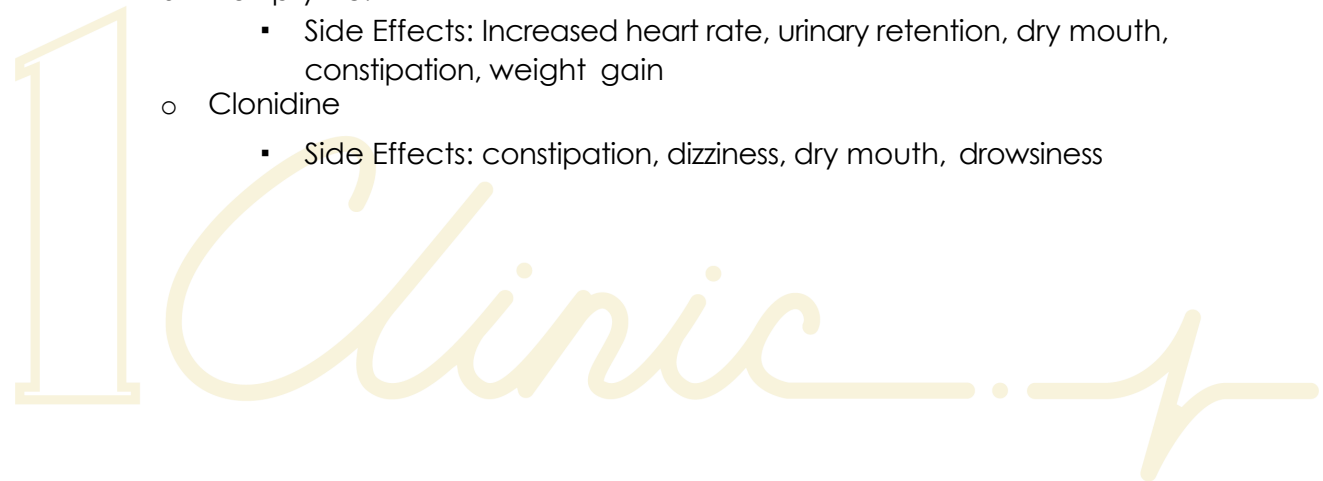
### CONGRATULATIONS on taking a step to stop smoking and gaining a HEALTHIER life!

#### BENEFITS:

- Decreases risk of cancer (lung, esophageal, laryngeal, cervix/ovarian, anal, etc.)
- Decreases risk of chronic diseases (Chronic Obstructive Pulmonary Disease, Coronary Artery Disease, etc.)
- Saves MONEY!

#### QUITTING AIDS:

- Cold Turkey
- Combination of NRT and non-NRT is superior to either one alone
- Nicotine Replacement Therapy (NRT): 50-70% success rate
  - Patches (>10-21mg/day patch x 6 weeks then taper)
  - Gum (2-4mg pieces every 1-2 hours x 6 weeks then taper)
  - Lozenges and Inhalers
- Non-NRT: 2-3x success rate versus cold turkey – Begin treatment 1 week before quit date
  - Bupropion (Zyban): 150mg daily x 3 days, then 150mg twice a day x 7-12 weeks
    - Aids with withdrawal depression
    - Side Effects: Dry Mouth, insomnia
    - Contraindication: Seizure Disorder
  - Varenicline (Champix): 0.5mg daily x 3 days, 0.5mg twice a day x 4 days, 1mg twice a day x 11 weeks
    - Aids with nicotine withdrawal
    - Side Effects: Nausea, abnormal dreams, headache, insomnia
  - Nortriptyline:
    - Side Effects: Increased heart rate, urinary retention, dry mouth, constipation, weight gain
  - Clonidine
    - Side Effects: constipation, dizziness, dry mouth, drowsiness



**RESOURCES**

- Freedom From Smoking: Online tool by the American Lung Association to help with smoking cessation: [FIND LINK](#)
- The Tobacco Control Research Branch of the National Cancer Institute: [FIND LINK](#)
- The Smoking Quitline of the National Cancer Institute (NCI) makes smoking cessation counsellors available to answer smoking-related questions in English or Spanish by telephone or confidential online chat

**IMMUNIZATIONS**

- Flu vaccine yearly
- Tetanus vaccine every 10 years
- Pneumovax 1 dose >65 years old or history Smoker, DM, COPD, CAD, Chronic Diseases

**QUIT DATE:**

**FOLLOW-UP APPOINTMENT: 2 WEEKS**

