

President's Project 2006: Smoking Cessation

Wisconsin Academy of
Physician Assistants



WAPA President's Project 2006

- Smoking Cessation Counseling
- Supported by UW-CTRI (Center for Tobacco Research and Intervention) and Glaxo Smith Kline
- Grant funding from WAPA Foundation and Physician Assistant Foundation
- Health seminars in Green Bay, Madison, LaCrosse, Milwaukee

Physician Assistant (PA)

- health care professionals licensed to practice medicine with physician supervision.
- PAs conduct physical exams, diagnose and treat illnesses, order and interpret tests, counsel on preventive health care, assist in surgery, and can write prescriptions.

Why quit?

- Tobacco use is the leading cause of preventable death
- Causes 1 of every 5 deaths each year
- 35,000 deaths a year from second hand smoke exposure
- More deaths each year than by all deaths from HIV, illegal drug use, alcohol use, motor vehicle accidents, suicides and murder **COMBINED!**

Why quit?

- On average, adults who smoke die 13-14 years earlier than nonsmokers
- Tobacco causes premature death of ½ million Americans each year

Health effects of smoking

- Cancer
 - Lung cancer
 - Lip/oral
 - Esophagus
 - Pancreas
 - Uterine/cervical
 - Bladder
 - Kidney

Health effects

- Cardiovascular disease
 - Smokers 2-4 times more likely to develop coronary heart disease
 - Doubles risk for stroke
 - COPD (chronic bronchitis and emphysema)
 - Raises blood pressure - hypertension

Health effects

- Women's health
 - Increased risk for
 - Infertility
 - Preterm delivery
 - Stillbirth
 - Low birth weight
 - Sudden infant death syndrome (SIDS)

Health effects

- Increased risk of cataracts
- Stains teeth and gums
- Acid taste in the mouth and contributes to development of ulcers
- Affects your looks: smokers have paler skin and more wrinkles – reduces the blood supply to the skin and lowers levels of Vitamin A

Secondhand smoke

- Contains a mixture of more than 400 chemicals, more than 50 of which are known or probable cancer-causing agents (carcinogens)
- Associated with an estimated 8,000-26,000 new asthma cases in children

How Do Cigarettes Damage Health?

- Cigarettes contain more than 4,000 chemical compounds and at least 400 toxic substances
- Most damaging products
 - Tar – a carcinogen
 - Nicotine – addictive and increases cholesterol levels
 - Carbon monoxide – reduces oxygen in the body

How Do Cigarettes Damage Health?

- COPD
- Starts between the ages of 35 and 45 when lung function starts to decline anyway.
- Final stage of death is from slow and progressive breathlessness

What's in a Cigarette?

- Cancer causing agents
- Carbon monoxide
- DDT/Dieldrin (insecticide)
- Formaldehyde (preserver-body tissue and fabric)
- Metals (aluminum, lead, silicon, mercury)
- Acetone (nail polish remover)
- Ammonia (bleach)
- Arsenic (poison)
- Butane (cigarette lighter fluid)
- Hydrogen cyanide (gas chamber poison)
- And much much more!

Costs of smoking

- At \$3.00 per pack, if you smoke 1 ppd – you will save \$1,100 each year and \$11,000 in 10 years
- Costs of health effects/doctor's visits
- Missed time from work/lost productivity

Five Common Myths about Quitting

1. ***Smoking is just a bad habit***

Tobacco use is an addiction – as addictive as heroin or cocaine.

Common Myths about Quitting

2. Quitting is just a matter of willpower

Smoking is an addiction and a number of treatments are available to help.

Myths about Quitting

3. If you can't quit the first time you try, you will never be able to.

People often take 3 or more tries before being able to quit for good.

Myths about Quitting

4. The best way to quit is “cold turkey.”

The most effective way to quit is by using a combination of counseling and nicotine replacement therapy.

Myths about Quitting

5. Quitting is expensive.

Treatments cost from \$0 to \$10 a day. Smoking costs more than \$1,000 a year.

You can do it!

- Live longer and healthier
- The people you live with will be healthier
- More energy and breathe easier
- Lower your risk of heart attack, stroke, and cancer

How to Quit?

- Get ready – set a quit date.
- Get support and encouragement
- Learn new skills and behaviors
- Get medication and use it correctly
- Be prepared for relapse or difficult situations

Setting a quit date

- Pick a day that is not stressful
- Stick to it – not even a single puff!
- See “5-Day Plan to Get Ready”
- Think about past attempts – what worked and what did not?
- Why do you smoke? When do you smoke?

Getting support

- Tell your family, friends and coworkers you are quitting
- Talk to your healthcare provider
- Group, individual or telephone counseling
- The Quit Line

Withdrawal symptoms

- Cravings
- Irritable
- Insomnia
- Fatigue
- Inability to Concentrate
- Headache
- Cough
- Sore throat
- Constipation, gas, stomach pain
- Dry mouth
- Sore tongue and/or gums
- postnasal drip

Withdrawal Symptoms

- Withdrawal symptoms peak 48-72 hours after quitting and most are gone within 2-4 weeks
- Smoking cessation medications help make withdrawal symptoms less severe
- Cravings may last several months or years

Coping with Withdrawal – Five D's

- **Delay** until the urge passes--usually within 3-5 minutes
- **Distract** yourself. Call a friend or go for a walk.
- **Drink** water to fight off cravings
- **Deep Breaths--Relax!** Close your eyes and take 10 slow, deep breaths
- **Discuss** your feelings with someone close to you

Nicotine Replacement

- Patch
- Gum
- Lozenge
- Inhaler (prescription only)
- Nasal spray (prescription only)

Nicotine Patch

- Over the counter and by prescription
- Worn daily for 8-12 weeks depending on how much you previously smoked
- Provides gradual nicotine withdrawal
- May cause irritation of the skin
- May cause vivid dreams, may remove at bedtime if needed
- Rotate skin sites

Nicotine Gum

- Used several times a day to help with nicotine withdrawal
- Comes in 2mg and 4 mg, dose depends on how much smoked before, over the counter
- Chew gum and then place between teeth and cheek: chew and “park”
- Minimize swallowing and do not drink acidic beverages during use

Nicotine Lozenge

- Same dosage as gum
- Over the counter
- Place alongside gum and cheek, allow to dissolve
- Do not chew or swallow
- Do not eat or drink 15 minutes before using or while the lozenge is in your mouth

Nicotine Inhaler

- Prescription only
- Can use up to six months
- Uses nicotine cartridges

Nicotine Nasal Spray

- Prescription only
- Sprayed into the nose, NOT inhaled
- Not for patients with asthma

Medication

- Zyban
 - Available by prescription
 - Also known as Wellbutrin or bupropion
 - Do not use if you have a history of seizure disorder, eating disorder, or are already taking a monoamine oxidase inhibitor

A Time Line of Benefits of Quitting

- Within 30 minutes
 - Blood pressure drops
 - Temperature of hands and feet increases to normal
- Within 8 hours
 - Carbon monoxide level in the blood drops to normal
- Within 24 hours
 - Chance of heart attack decreases
- Within 2 weeks to 3 months
 - Circulation improves
 - Lung function increases up to 30%

A Time Line of Benefits of Quitting

- Within 1 to 9 months
 - Coughing, sinus congestion, fatigue and shortness of breath decrease
 - Cilia regain normal function in the lungs
- Within 1 year
 - Excess risk of coronary heart disease is half that of a smoker's
- Within 5 years
 - Stroke risk is reduced to that of a nonsmoker
- Within 10 years
 - Lung cancer death rate is about half of a continuing smoker's
- Within 15 years
 - Risk of coronary heart disease is that of a nonsmoker's

It's never too late to stop
smoking...but when you
finally do, you'll wonder
why you waited!

References

- www.CDC.gov
- UW-CTRI
- www.quitsmoking.about.com
- www.netdoctor.co.uk/health_advice/facts/smokehealth.htm