

PHARMACOLOGIC AIDS TO SMOKING CESSATION

| PRODUCT | DOSAGE | DESCRIPTION |
|---|---|--|
| <p>NICOTINE GUM (2mg, 4mg) Over the counter.</p> | <p>Nicotine gum 4mg is for more heavily addicted smokers (listed on the box as ≥ 25 cigarettes/day); Nicotine gum 2mg is for less heavily addicted smokers (< 25 cigarettes/day). Use 1 piece of gum every 1-2 hours for the first 6 weeks; taper the number of pieces over the next 6 weeks. Use at least 9 pieces per day during the first portion of quitting.</p> | <p>The gum should be chewed until a peppery taste occurs, then ‘park’ the gum for a few minutes; repeat. People trying to quit very rarely use enough pieces per day, and so overdosing is very unlikely.</p> |
| <p>NICOTINE LOZENGE (2mg, 4mg) Over the counter.</p> | <p>Nicotine lozenge 4mg is for the more heavily addicted (described as having their first cigarette within 30 minutes of awakening). Nicotine lozenge 2mg is for the less heavily addicted (described as having their first cigarette after 30 minutes of awakening).</p> | <p>Follow the dosing schedule above for the nicotine gum. The lozenge is moved from side to side in the mouth for absorption.</p> |
| <p>NICOTINE PATCH (21mg, 14mg, 7mg or 15mg) Over the counter.</p> | <p>More heavily addicted smokers should use the higher dose of patch (the 21mg or the 15mg). The brand name Nicotrol® is 15mg; Nicoderm® and Habitrol® start with 21mg. Use the 21 or 15mg patch for at least 8 weeks.</p> | <p>The patch should be placed on a clean non-hairy part of the body. It is most easily placed on the upper body. Change sites of patch application every day, as some skin irritation is common. Taper the dose over the next 2-4 weeks with the 14mg and then the 7mg (for Habitrol® and Nicoderm®). Less heavily addicted smokers could begin with the 14mg patch and then taper with the 7mg patch.</p> |
| <p>NICOTINE INHALER (4mg delivered) Prescription</p> | <p>6-16 cartridges/day for 12 weeks, then taper for next 12 weeks.</p> | <p>Nicotine is absorbed from the buccal mucosa with this product, not in the lungs.</p> |
| <p>NICOTINE NASAL SPRAY (0.5mg/spray) Prescription</p> | <p>Use 1-2 sprays (0.5mg/nosril) per hour 8-40 times/day.</p> | <p>Recommended duration of therapy is 3-6 months.</p> |
| <p>BUPROPION SR (Zyban® – same drug as Wellbutrin®) Prescription</p> | <p>Days 1-3 use 150mg each morning. Days 4-7 use 150mg twice daily. QUIT smoking after 1 week of use and continue drug for 3-6 months.</p> | <p>Common side effects are insomnia and dry mouth. Do not use if your patient has risks for seizures or an eating disorder or on an MAO inhibitor within the past 14 days.</p> |
| <p>VARENICLINE (Chantix®) Prescription</p> | <p>Days 1-3 use 0.5mg each morning. Days 4-7 use 0.5mg twice daily. Day 8 use 1mg PO BID and QUIT smoking. Product is packaged as a “starter kit” for ease of prescription and use.</p> | <p>Use for at least 12 weeks. It may be extended for another 12 weeks to help prevent relapse. The most common side effects are nausea and sleep disturbance. Patients should be monitored for mood and behavior changes.</p> |

YOUR PATIENTS CAN RECEIVE ALL THEY HELP THEY NEED BY CALLING 1-800-QUIT-NOW. THE ARKANSAS TOBACCO QUITLINE IS AVAILABLE 24 HOURS A DAY SEVEN DAYS A WEEK.

- Motivational counseling.
- Free nicotine replacement therapy for eligible callers, while supplies last.
- Unlimited access to Web Coach,[™] an interactive, online community that offers tools to quit, social support and information about quitting.
- Tailored, motivational e-mails sent throughout the quitting process.
- A special protocol is available for pregnant and post-partum smokers.
- Services are available in English, Spanish and additional languages as needed, including Marshallese.
- Patients can enroll in Smokefree TXT, a free mobile service designed to provide 24/7 cessation support.
- Visit arstops.org for a CME training module and more tools to help your patients.

For more details about Quitline services,
visit stampoutsmoking.com.

WE'RE HERE TO MAKE IT A LOT EASIER FOR PHYSICIANS TO IMPROVE THEIR PATIENTS'S HEALTH.

TO LINK YOUR PATIENTS TO THE FAX REFERRAL PROGRAM AND TOBACCO CESSATION SERVICES FOLLOW THE SIMPLE STEPS BELOW:

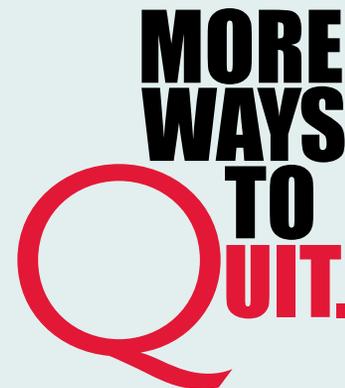
1. Ask your patients if they use tobacco.
2. Advise tobacco users to quit.
3. Use the fax referral form to refer them to the Quitline.
4. Provide a prescription for a cessation aid.
5. A Quit Coach[™] will call the tobacco user during a time specified by the patient. They work together to create a tailored quit plan for the patient.
6. HIPAA covered providers are given feedback on services that were received.

To obtain Fax Referral Forms, visit stampoutsmoking.com or call the Arkansas Department of Health Tobacco Prevention and Cessation Program at (501) 661-2953.

<http://www.surgeongeneral.gov/tobacco/>
<http://rxforchange.ucsf.edu/>



TAKE THE TIME TO SAVE A LIFE AND HELP YOUR PATIENTS FIND "MORE WAYS TO QUIT."



Three steps can put your patients on a path to a tobacco-free lifestyle.

- ① ASK YOUR PATIENTS ABOUT TOBACCO USE
- ② ADVISE ABOUT QUITTING
- ③ REFER TO 1-800-QUIT-NOW (784-8669)

Your influence can double their chances of quitting.