



Clinical Champion Update

Date: 3/2/20

Subject: Smoking Cessation

Varenicline(Chantix) and Depression

In discussing smoking cessation medications with patients, many providers feel uncomfortable prescribing Varenicline (Chantix) to patients with a history of depression. We want to make you aware of the scientific literature on this subject. A large study published in 2013 in Annals of Internal Medicine concluded that Varenicline may help depressed patients who smoke and did not worsen their depression. A recent January 2019 article in NCBI concluded that Varenicline is associated with less withdrawal-related depression and aids cessation even in smokers with depression.

We recommend that Varenicline be offered to our depressed patients who smoke in combination with NRT products. They should be counseled about potential side effects but not be discouraged to try it.

Ann Esrick and Carol Anderson, Smoking Cessation Committee Co-Chairs.