



Clinical Champion Update

Date: 1/24/22

Subject: Smoking Cessation

“The Best Treatment is the one the patient will use.”

Dr. Morley, President of the American Society of Addiction Medicine (ASAM), at a recent USCF conference, stated patient preference is most useful in choosing smoking cessation treatments. He spoke about dual substance users who will need treatments at higher doses and longer duration. He advocates that all providers do ‘dual counseling and not treat nicotine as a less important addiction. More people die from tobacco addiction than all other substances.’ Over 80 percent of substance users are cig users and over 70% want to quit. (Journal of Substance/2015) 25% increase success in substance use treatment when smoking cessation treatments included. By including tobacco counseling, we enhance long- term abstinence from other substances.

Below are the updated e-cig guidelines. To summarize, any of these agents are better than cigs:

- E-cigs/vaping have more chemicals than nicotine replacements treatments (NRT) but have aided many in quitting.
- Nicotine nasal spray mimics cigs 3 second entry to the brain.
- Nicotrol is similar to cigs hand to mouth habit.
- Gum and lozenges are easier for patients to use at their work or in public.
- Patches used in conjunction, give a steady state of nicotine to use in addition to these other agents- 15 mins prior to their usual cig use.

Vaping in adult users:

- More recent data suggests that vaping increases adult smoking cessation. Smokers unable to quit with nicotine replacement treatments (NRT), bupropion and varenicline should receive information about the relative risks of vaping and smoking and vaping’s potential to

help them quit. There are over 7000 chemicals in cigarette smoke; e-cigs have 1/3 fewer chemicals. The FDA has recently approved an E-cig, VUSE.

- The serious E-cig associated lung injury (EVALI) in 2019, that caused 68 fatalities, was due to THC vaping devices and it was Vitamin E in THC that caused the pneumonitis. This product was removed from the market and cases fell precipitously.

Concerns about Youth Vaping:

- Potential that vaping can cause nicotine addiction among youth who would never have tried smoking.
- Vaping by never smoking youths may cause some to try smoking.
- Nicotine can harm the developing brain.

(American Journal of Public Health/ Aug 2021)

Thank you,

Smoking Cessation Committee Members

Ann Esrick and Liz Cory, Smoking Cessation Clinical Champions, Carol Conolly, Katie Coleman, Scott Meyers, Tim Sweeney, Wendy Baird, Stephanie Pick.