American Association of Psychiatric Pharmacists (aapp.org)

Quitting Smoking/Vaping



Benefits of quitting smoking:

- Can help reverse some of the harmful effects from the chemicals in cigarettes.
- The risk of cancer, stroke, lung disease, and heart attack decrease.
- Can improve blood flow, smell, and taste.[5]
- The health benefits of quitting smoking can be seen no matter how long someone has been smoking.

Vaping facts:

- E-cigarettes are called by many names: e-cigs, hookah pens, vape pipes, vaporizers, mods, vapes, smokeless cigarettes, electronic nicotine delivery systems (ENDS), and others.[2]
- E-cigarettes can contain the addictive substance nicotine. Because of this, many individuals may become hooked on e-cigarettes and expose themselves to potential health risks.
- Research is ongoing to discover the long-term risks of e-cigarettes. However, it is known that some of the chemicals inhaled can cause damage to the body.

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What are the dangers of smoking?

When a cigarette is smoked, harmful chemicals from tobacco are inhaled into the lungs. These unsafe chemicals travel from the lungs through the blood to the rest of the body.[1] Unsafe chemicals from cigarettes can harm several organs in the body and lead to problems like heart disease, lung disease, cancer, stroke, and problems during pregnancy.[2-4] Cigarette smoke is harmful for the person who is smoking as well as the people and pets around them.[2,4] Secondhand smoke comes from smoke that is exhaled from a person smoking a cigarette. Tobacco products also contain nicotine. Nicotine is an addictive substance that affects the brain and the body and causes cravings.[4]

What happens when a person stops smoking?

If nicotine-containing products are used daily and then stopped suddenly, negative effects can occur. Stopping nicotine can cause cravings for nicotine, bad temper, frustration, anger, increased hunger, weight gain, difficulty thinking, low mood, and sleep problems.[4] These negative effects will go away over time and usually resolve within a few weeks after stopping smoking. Some people may not have any negative effects.

What are the treatments for quitting smoking?

Both behavioral treatments and medications can be used to help quit smoking. A combination of both behavioral changes and medications is more effective than either alone.[3,4]

Types of medications

There are seven medications approved by the Food and Drug Administration (FDA) to aid in quitting smoking – bupropion, varenicline, and five types of nicotine replacement therapy (NRT): patch, gum, lozenge, and nasal spray.[1] The nicotine patch, gum, and lozenge can be purchased at a pharmacy without a prescription. A prescription is needed for the nasal spray.

How do medications for quitting smoking work?

Nicotine Replacement Therapy (NRT):

All forms of NRT work by giving the body a small amount of nicotine to help decrease the negative effects from stopping nicotine and to help decrease cravings.[4,6] The nicotine in NRT does not contain the cancer-causing chemicals found in cigarettes and can help reduce the urge or desire to smoke.[4,6]

Bupropion (Zyban®) and varenicline (Chantix®)

Bupropion and varenicline medications are taken by mouth and they both work in the brain. Bupropion helps reduce the urge or desire to smoke. Varenicline acts on the same part of the brain as nicotine. Varenicline helps decrease the pleasure from nicotine and decrease nicotine cravings.[4]

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Nicotine Replacement Therapy Medications[6,9]					
Type	**Available without a prescription?**	**When to start?**	**How is it delivered to the body?**	**How is it used?**	**Side Effects**
Patch	Yes	On the quit date	Through the skin	Apply in the morning to upper arm, chest, or back and rotate application site daily.	Sleeping difficulties, vivid dreams, and skin irritation
Gum	Yes	On the quit date	Through the mouth	Chew each piece and park between cheek when peppery or tingling sensation occurs. Chew again when tingling fades and repeat until tingling is gone.	Mouth/throat irritation, hiccups, stomach upset, and jaw pain
Lozenge	Yes	On the quit date	Through the mouth	Allow to dissolve slowly around 20 to 30 minutes. Do not chew or swallow.	Mouth/throat irritation, hiccups, and stomach upset
Nasal Spray	No	On the quit date	Through the nose	Insert into nostril and spray 1 spray in each nostril.	Nasal/throat irritation, sneezing, and cough

Prescription Medications for Quitting Smoking[9]				
	Available without a prescription?	**When to start?**	**How is it used?**	**Side Effects**
Bupropion	No	7-14 days before the quit date	Tablet that is swallowed whole. Do not cut or break the tablet.	Nausea, constipation, dry mouth, trouble sleeping, and anxiety
Varenicline	No	7-14 days before the quit date	Tablet that is swallowed. This tablet can be split if necessary.	Nausea, vomiting, gas, headache, trouble sleeping, and abnormal dreams

Nonmedication Treatments for Quitting Smoking

Behavioral treatments for quitting smoking can include education, counseling and self-help materials. Counseling can be done individually or with a group and will likely include creating a "quit plan." A "quit plan" is made to help set goals, set a quit date, find reasons to quit smoking, recognize smoking triggers, and develop coping strageies.[8] It can be easily created online (www.smokefree.gov) or on a piece of paper. Setting a quit date is important because some medications are started before or on the quit date. Bupropion and varenicline are started 1 to 2 weeks before the quit date. NRT medications are started on the same day as the quit date. Most behavioral treatments involve developing coping strategies, or specific problem-solving skills used to manage cigarette cravings. Examples of coping strategies include avoiding triggers, distractive techniques, and practicing relaxing activities.[8]

Is vaping safer than smoking cigarettes?

Some claim that switching from regular cigarettes to e-cigarettes is a way to help quit smoking. Proof of this is limited, so it is recommended to use medications approved by the FDA to help you quit smoking.[2, 4] In addition to nicotine, many other substances have been found in e-cigarettes and their flavoring liquids. Some of these substances include chemicals and pieces of metals like nickel. These chemicals and metals can cause cancer or other serious lung diseases for the person smoking and those around them.[3]

Companies may say e-cigarettes are tobacco-free to give the impression that they are better than regular cigarettes and do not have the same risks. However, many e-cigarette cartridges contain nicotine which comes from tobacco plants.[3] When nicotine is inhaled, it triggers the brain's reward pathway, which leads to individuals feeling good after using the product. Over time, individuals can become addicted to this feeling.[3]

What resources are available?

Resources for self-help include printed materials, websites, mobile phone apps, and telephone quit lines.

Websites:

- www.smokefree.gov
- www.cdc.gov/quit
- www.lung.org/stop-smoking

Mobile phone apps:

- quitSTART
- PuffPal
- Stay Quit Coach

Telephone numbers:

- 1 (800) QUIT-NOW (1-800-784-8669)
- 1 (877) 44U-QUIT (1-877-448-7848)

Go online to find more information and to view the references for this toolkit.

https://aapp.org/resource/patients

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