

HOW TO STOP SMOKING



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ACKNOWLEDGEMENTS

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THE SMOKEFREE FORMULA



A REVOLUTIONARY
WAY TO
**STOP
SMOKING**

SOME TRUTHS

- **There is no magic bullet**
- **Secret to successful quitting:**
 - keep trying
 - make every quit attempt count
- **Every time you try to quit is a success**
 - don't dwell on relapses as failures
 - what did you learn from the attempt?
- **No single quit method that works for everyone**

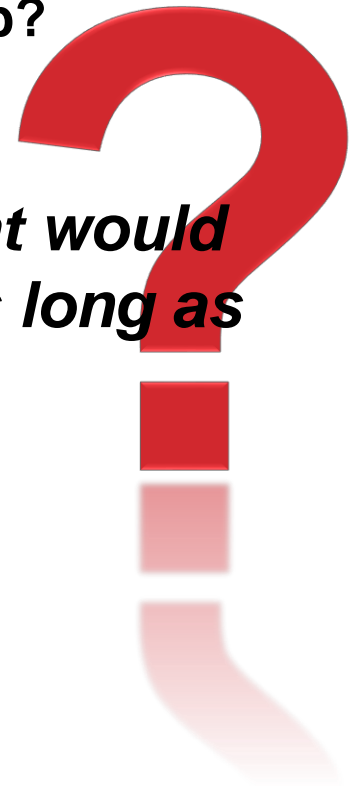
ARE YOU READY?

Do you really want to stop?

Or

Do you only feel you should want to stop?

If you could swallow a pill right now that would make you never want to smoke again as long as you live, would you take it?



WHEN TO START?

Abrupt stopping (*Nike* approach)

- ~50% of quit attempts
- As successful as planned attempts

Planned quitting

- Only delay if there is a good reason
- Don't leave it too long
 - Set a definite date
 - Within next couple of weeks

Wait for right conditions or *strike while the iron is hot?*

GETTING STARTED

Make a commitment to stop smoking with clear boundaries

Think of yourself as a non-smoker

Make a deliberate choice

Choose a cut-off point

Stick to it

“Not a puff” rule

Avoid thinking ‘just one’ is ok

REMOVE 'SMOKER' FROM YOUR IDENTITY

Stop thinking of yourself as a smoker

Non-smoker

Ex-smoker

A whole new you (lifestyle overhaul)

don't smoke

increase exercise

change to healthy diet

etc

STOPPING ABRUPTLY VS CUTTING DOWN

Abrupt stopping

- **2/3 of quit attempts are abrupt stopping**
- **Usually more successful than cutting down**
- **Can include aversive smoking beforehand**

Cutting down gradually

- **Reducing quota smoked per day can make each cigarette more rewarding → relapse**
- **Overcome this downside by using NRT (CDTQ)**
- **If you don't feel ready to stop completely**

UNASSISTED QUITTING (COLD TURKEY)

Most common method used

Generally lower success rate (~5%) per quit attempt than using help

BUT its free and convenient (nothing to lose!)

Makes sense to try first (especially if low nicotine addiction)



PROFESSIONAL STOP SMOKING ADVICE

Private cessation counsellors

Quitline **13 QUIT** (13 7848)

- Cost of local call
- Provide advice on quitting including self-help materials
- Assess level of nicotine dependence
- Help to develop a quit plan
- Assist you to stay a non-smoker
- Provide information on products and services available
- Motivational, supportive and encouraging
- Follow-up calls



AUTOMATED SUPPORT AND SELF-HELP MATERIALS

Quitcoach www.quitcoach.org.au/

- Free
- Tailored automated advice

Quit*Txt* www.quit.org.au/quittxt

- Free
- Sends you several SMS messages each day.
- Designed to help you prepare to quit, maintain your motivation and help you stay on track after you quit
- Can work well in partnership with quitcoach
- ‘virtual quit buddy’

BE AWARE OF SYMPTOMS OF NICOTINE WITHDRAWAL

- **Headache**
- **Nausea**
- **Constipation or diarrhoea**
- **Falling heart rate and blood pressure**
- **Fatigue, drowsiness, and insomnia**
- **Irritability**
- **Difficulty concentrating**
- **Anxiety**
- **Depression**
- **Increased hunger and caloric intake**
- **Increased desire for the taste of sweets**
- **Tobacco cravings**

**MEDICATIONS
TO HELP YOU
QUIT**

NICOTINE REPLACEMENT THERAPY (NRT)

“Smokers smoke for the nicotine but die from the tar”

- Reduces withdrawal symptoms
- Delivers less nicotine than a cigarette and more slowly than smoking
- Isn't nicotine a poison?
- Safe for nearly everyone to use

Talk to Doctor first if pregnant, or have serious health condition (see pack instructions)

BUT – regardless of any pre-existing health conditions smoking is far worse

NRT CONT...

- **Common mistakes**
 - Not using enough –*use *at least* 10 pieces of gum/day
 - Stopping too soon
- **Financial outlay, BUT usually much cheaper than smoking**

Quickmist \$0.13-\$0.20 per spray (1mg)

Vs

Cigarettes \$0.61-\$1.05 per cigarette (1mg)*

i.e. at least a 1/3 of cost of smoking

*March 2014

NICOTINE PATCHES

- Available OTC
- Subsidised patches available on doctor's prescription
- Can start using before your quit date

Combination of long acting
(patch) + short acting NRT
is most effective



SHORT ACTING NRT



SHORT ACTING NRT

- Doesn't matter which one
- Start on higher dose first
- Persist until you get used to it
- Avoid swallowing the nicotine
 - ineffective uptake from gut
 - hiccups
- Gum – 'chew and park' method
- Mouthspray – spray under tongue or side of mouth

Don't wait for a craving - use every hour to avoid cravings

PRESCRIPTION MEDICINES - BUPROPION

BUPROPION (Zyban, Prexaton)

- **Reduces withdrawal symptoms and the urge to smoke**
- **PBS subsidised**
- **Full course = first prescription of 30 tablets (~14 days) + second prescription of 90 tablets (~6 weeks)**
- **Some potential side effects**
 - **Discuss with your doctor if concerned**



PRESCRIPTION MEDICINES - VARENICLINE

VARENICLINE (Champix)

- Makes smoking less enjoyable and reduces cravings
- PBS subsidised (1 course per year)
- Start taking 1 to 2 weeks before quit date
- Full course of treatment is 12 weeks (or 24 weeks if needed)
- First prescription = 4 weeks
+ second prescription = 8 weeks
- Some potential side effects
 - Discuss with your doctor if concerned



A WORD ABOUT SIDE EFFECTS

- **Consumer information sheets list many *POTENTIAL* side effects (you may get none of them)**
- **Nicotine withdrawal symptoms (i.e. even cold turkey can have side effects)**
- **Consider the side effects of smoking (Cancer, COPD, heart disease, etc)**

ELECTRONIC CIGARETTES



WHAT ARE THEY?

Battery-powered device

Carrier solution (propylene glycol/vegetable glycerol)

+/- flavourings

+/- nicotine



ARE THEY LEGAL?

Devices without nicotine

- Legal to obtain, possess and use
- May be illegal to sell in some states (WA)

Devices /refill solutions with nicotine

- Not legal to sell, obtain, possess or use in Australia without medical prescription or approval
- Australians can import legally as an unapproved therapeutic good IF they have a medical prescription from a doctor
- None approved for sale within Australia as a cessation aid
- Some compounding pharmacies *may* dispense the solution on prescription

ARE THEY SAFE?

Addiction



REVIEW

doi:10.1111/add.12659

Electronic cigarettes: review of use, content, safety, effects on smokers and potential for harm and benefit

Peter Hajek¹, Jean-François Etter², Neal Benowitz³, Thomas Eissenberg⁴ & Hayden McRobbie¹

- **Wide variety of devices and liquids**
- **Short term use appears safe (like NRT)**
 - low AE profile in clinical trials
 - unlikely to overdose (similar to NRTs)
- **Harms of long term use unknown but likely safer than smoking**

ARE THEY SAFE (CONTINUED)?

Variable quality control

- impurities and toxicants in e-liquids/aerosol
- metal particles
- much lower levels than in cigarettes smoke
- Lower heating temp is safer

Child poisoning risk + choking hazard (like any small object)

- Needs safe storage and handling

“Exploding e-cigs”

- Risk of lithium batteries
- Most risk while recharging

Passive “vaping”

- Lower emissions than cigarette smoke (but not zero)
- Best to avoid using indoors

ARE THEY EFFECTIVE?

- **Some may not deliver nicotine effectively**
- **Learning curve to achieve good nicotine delivery**
- **Probably as effective as other NRTs**
- **Also offers a behavioural replacement**



TOBACCO HARM REDUCTION

- Smoking is the most harmful way to use nicotine
- Less harmful options available
 - NRT
 - E-cigarettes
 - Swedish snus



SWAPPING TO 'CLEANER' NICOTINE PRODUCT

“Smokers smoke for the nicotine but die from the tar”

Could eliminate most (*not all*) of the health risk of smoking by switching

Could offer a way for heavily addicted smokers to reduce health risks

Also option for smokers not quite ready to ‘fully quit’

WHAT DO SMOKERS DIE FROM?

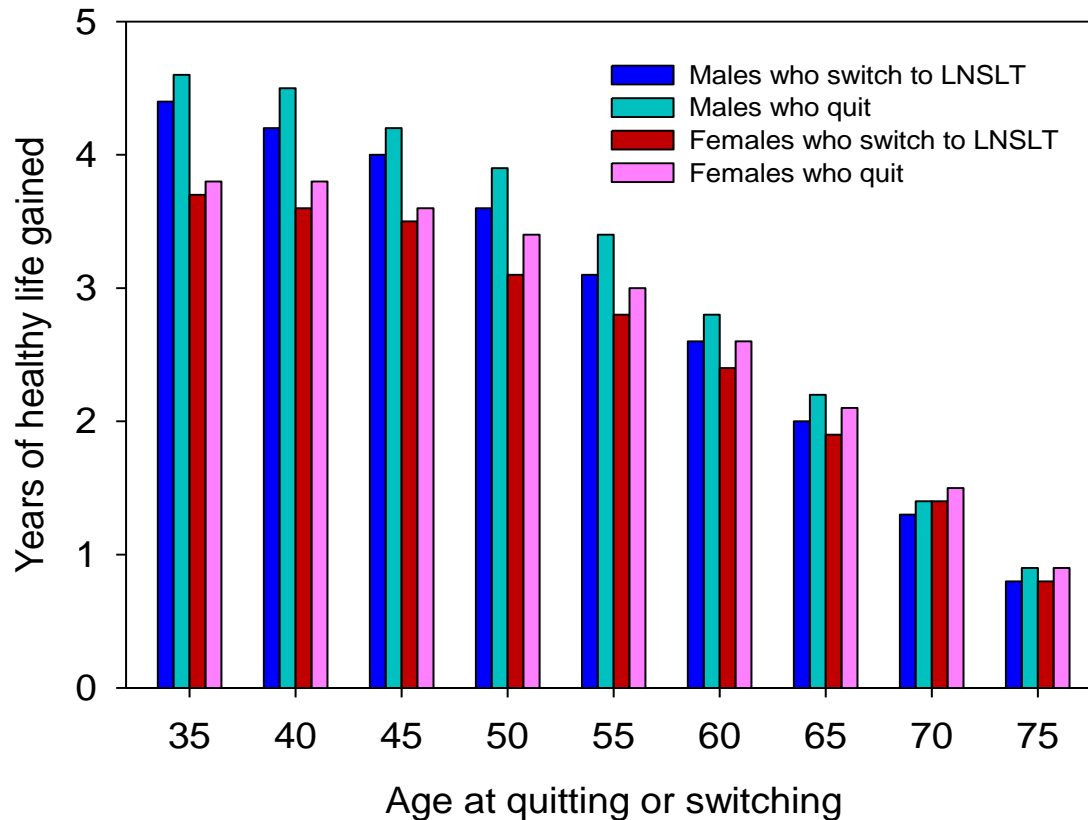
Cause of death	%
Lung Cancer	41%
COPD (eg emphysema)	27%
Heart Disease	13%
Stroke	4%
Oesophagus Cancer	4%
Other diseases	12%

Lung cancer + COPD account for 68% of all tobacco related deaths

W Assessment of Swedish snus for tobacco harm reduction: an epidemiological modelling study

Coral E Gartner, Wayne D Hall, Theo Vos, Melanie Y Bertram, Angela L Wallace, Stephen S Lim

YEARS OF HEALTHY LIFE GAINED BY QUITTING SMOKING OR SWITCHING TO SNUS





GOOD LUCK!