

# SMOKING CESSATION

## QUICK TIPS

### 1. ASK



Every visit ask about smoking cessation. Interventions as brief as three minutes can increase cessation rates (4% increase) in particular when done by a vascular surgeon (10% increase).

### 2. ADVISE



Advise every user to quit. This needs to be a clear, strong and personalized approach about why they should quit (including the risks to their vascular disease and impact on potential interventions).

### 3. ASSESS



All patients should be assessed for willingness to quit and offered treatment. If unwilling use 5 R's: Relevance of quitting to patient's situation, Risks of ongoing smoking, Rewards of quitting, Roadblocks patients face, Repeat.

### 4. ASSIST



Combination of brief physician advice, pharmacologic Rx and active referral to telephone-based smoking cessation counseling most effective (quit rate 15.2% over 6 months vs. 8.6% with usual care).

No high-certainty of evidence or consensus to help choose among first-line pharmacologic therapies, final decision reflects patient preference and insurance.

### 5. ARRANGE FOLLOW UP



Relapse often occurs within the first 3 months after quitting and continued intervention during that period is essential for sustained cessation. Most smokers start trying to quit at least 6 times before they are finally successful.

### NICOTINE REPLACEMENT

- Increase rate of quitting by 50-60%.
- Dual-form NRT (patch + fast-acting) has higher long-term quit rates.
- Cost: \$20-60/week, up-front \$300-1000
- Dose based on amount of smoking and form of NRT: patch 14-21mg + short-acting (gum, lozenge, inhaler) for 10-12 weeks. Underdosing contributes to poorer outcomes.
- Side effects (SE): minor irritation at site.

### VARENICLINE

- More effective, increased quit rates (23%) than placebo (9%), bupropion (18%), e-cigarettes (15%) and single-form NRT (18%). Similar rates compared to dual-form NRT.
- Start 0.5mg daily for 3 days then increase to 0.5mg BID for 4 days then 1mg BID for 12 weeks.
- Cost: \$25/week, up-front \$300-600
- SE: Neuropsychiatric (insomnia, vivid dreams, headaches, agitation, depression, suicidal ideation).

### BUPROPION

- Increased smoking cessation rates (19%) compared to placebo or no pharmacological treatment (12%).
- Lower smoking cessation rates to varenicline and dual-form NRT.
- Start 150mg daily for 3 days then 150mg BID, maintain for 7-12 weeks.
- Cost: \$4-13/week, up-front \$50-150
- SE: Neuropsychiatric (seizures, anxiety, depression, agitation, insomnia).

### E-CIGARETTES

- Controversial: limited evidence on devices, and uncertainty about possible health risks of long-term use.
- More recent analysis demonstrated increased smoking abstinence at longer-term (>6 months) follow-up compared to NRT.