Tobacco Cessation
&
Living Tobacco-Free
After Cancer

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• Introductions
  Clickers to poll the room and find out something about the people who attended but in an anonymous way
  define a few terms... second hand smoke, third hand smoke
  Discuss some of the good things people get out of tobacco
  (social thing, relaxing... which leads into MINDFULNESS
  Discuss some of the things don't want from tobacco
  (cancer or exposing loved ones to cancer...including pets)
  Talk about the good things about quitting (alton... I know you don't plan to speak, but if you wouldn't mind chiming
  in about quitting smoking is the BEST thing you can do for your health...
  for people who have a lung removed for cancer...those who quit smoking live twice as long as those who don't ...
  anyway... things like that... )
  Talk for a few minutes about ways to make quitting easier - making a solid decision
  medications
  ... mindfulness helps.
  Resources (sherry - can you put together however many slides you need for this?)
Clicker lessons

Does your “dot” flash green when you push 1?

1. Yes

- Immediate Audience Response Device
- Anonymous
- Radio Frequency-you don’t have to point it at anything
- You can change your response by just hitting a different number, but …
- ONLY one response will record per person!
Have you ever used “clickers” before? (TV remotes don’t count!)

1. No, I’m a clicker virgin
2. Yes, just once but I didn’t inhale
3. Yes, I’m a clicker guru
Introductions

- Who are we?
- Who are you?
How many sessions of Living Well After Cancer have you attended?

1. Healthy Eating & Yoga
2. Exercise & Tai Chi
3. This is my FIRST session
Who are you?

1. Cancer survivor
2. Loved one of cancer survivor
3. Health Professional
4. Other
What best describes your tobacco use?

1. Never used tobacco
2. Experimented with it
3. Ex-regular user
4. Still use
5. I smoked something but I don’t think it was tobacco

0 of 5
Framework for understanding tobacco

- Genetic Snowflakes -- 1 in 4 people can’t smoke
- Addicted Tobacco users have great wisdom
- Reasons it’s so hard to quit
  - 1. craving – empty receptors
  - 2. triggers – linking chemicals
Understanding a smokers struggle
-adapted from Mayo Clinic Nicotine Dependency Center publication 2005

**Timeline: Cold Turkey**

**Cold Turkey Quit:** Withdrawal is worst the first 48 hours and then tapers gradually over several weeks. Environmentally triggered cravings get easier over time, but may pop-up occasionally.

Your daily life with tobacco: Withdrawal (YELLOW) and environmentally triggered cravings (RED) happen every day.

- Withdrawal - empty receptors
- Craving chemicals – triggered by environment
What do people “get” from using tobacco?

- Social
- Something to do
- Feels good
- Stress
- Decompress
- Take a moment for themselves

MINDFULNESS

Can meet those same needs
What don’t people like about tobacco?

- Cancer
- Health risks
- Cost
- Time
- Smell
- Lack of Freedom
- Hurts those they love
How does tobacco hurt the ones you love?

- First hand smoke
- Second hand smoke
- Third hand smoke - residue includes heavy metals, carcinogens and even radioactive materials
Did you ask him if he minds the smoke?

Dogs that inhale secondhand smoke are three times more likely to develop lung or nasal cancer than dogs living in smoke-free homes. You've got the choice of smoking or not smoking. A pet living in your home doesn't have the same choice. Isn't it time to make a healthy choice for your best friend?

Most VCU students (7 of 10) don't smoke, and most smokers want to quit. We can help. Free Quit Kit at University Student Health Services. Get more information by calling 828-8828 or visit www.smokefreevcu.org. Or call the Virginia Quitline — 1-800-QUIT-NOW — free for anyone.

Exposure to secondhand smoke increases your cat's chance of developing oral cancer. You've got the choice of smoking or not smoking. A pet living in your home doesn't have the same choice. Isn't it time to make a healthy choice for your best friend?

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There are so many great BENEFITS to quitting!

☑ Every thing you can do to avoid carcinogens helps your body!
What makes quitting easier?

- Reaching a SOLID DECISION
- Everyone is ambivalent about many things
- Importance rulers can help deal with ambivalence and focus energy for change
Importance Ruler
On a scale of 1 to 10

☑️ How motivated are you to ________________?
   Not at all
   1  2  3  4  5  6  7  8  9  10
   Extremely

➢ Go 2 Down…. “What makes it a 6 and not a 4?”

☑️ How confident are you that you can ______________?
   Not at all
   1  2  3  4  5  6  7  8  9  10
   Extremely

➢ Go 2 up- “What would it take to make it a 5 & not a 3?”
How many medications are currently considered “first-line” in the treatment of nicotine addiction?

1. 3
2. 5
3. 7

0 of 5
There are currently 7 MEDICATIONS for first line use:

- Bupropion HCL (Wellbutrin or Zyban)
- Varenicline (Chantix or Champix)
- Patch
- Gum
- Nasal Spray
- Puffers
- Lozenges

2 Smoking Cessation PILLS

5 NRT products (nicotine replacement therapy)

Combination Therapy

Blocks Nicotinic receptors, not advised to use with NRT

Source: VCU Massey Cancer Center
You know how you try on shoes and some fit and some don’t—but you don’t give up wearing shoes.

That’s the way it is with medications. You try them on. Some fit. Some don’t. But you don’t give up trying to quit.
Medications increase success

- Nicotine Replacement doubles success
  - Patch, lozenge, gum

- Bupropion triples success

- Chantix quadruples success
Varenicline 0.5 mg and 1mg pills
and ways to adjust the dosing

Day 1 to day 3
White tablet (0.5 mg),
1 tablet each day

Day 4 to day 7
White tablet (0.5 mg)
Twice a day
1 in the morning and 1 in the evening

Day 8 to end of treatment
Blue tablet (1 mg)
Twice a day
1 in the morning and 1 in the evening
"Are you sure this is the only way the nicotine patch will work for you?!"
Where Can I Find More Information?

There are many online websites that you can use to:

- find out more about quitting
- calculate how much money you spend on tobacco
- help you develop your own “Quit Plan”
- manage cravings or withdrawals
- learn more about medications

Some websites are interactive, and even have games you can play to help you manage your cravings.

Since these websites are too numerous to mention, just type in “Quit smoking” and click on the sites of interest to you.
Resources

Here are available resources in Virginia

VCU Health System Tobacco Cessation Program
sbeavers2@mcvh-vcu.edu, 804-828-4162

Quit Now Virginia
Free phone assistance 1-800-784-8669 or website www.smokefreevirginia.org

Quit For Life – VDH program 1-866-784-8454

Your Provider can offer you help with support, developing a “Quit” plan or prescription medicines. Just mention it and have a discussion about it.
Resources

Here are some resources outside of Virginia

National Organizations

�� The National Cancer Institute
1-800-4-CANCER  www.nci.nih.gov

�� The American Lung Association
1-800-LUNG-USA  www.lungusa.org

뱅 The American Heart Association
1-800-242-8721  www.americanheart.org
Calling the quit line makes people 5 times more likely to quit successfully versus going cold turkey.

Coaching & support helps!
Thank you!

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