

Center for Smoking Cessation Newsletter



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Great American Smoke Out Door Contest

All entries have been received and will be voted on at our 3rd Annual Champion Dinner on November 15th at the Desmond. The winner will be announced in our next newsletter and posted on our website.

All champions are invited to attend our dinner and the night promises to be both motivating and entertaining for all! We hope to see you there!

Visit our new & improved website at QuitSolutions.org for articles, announcements & tools to use in your office!

When Cigarettes Cost More, Kids Smoke Less

The economic impact of tobacco use in New York State is staggering. Recent data tells us New York State spends \$8.2 BILLION annually on health care costs related to tobacco use. That equates to \$904 per household to treat tobacco related diseases in our state.

While New York State is making great strides in lowering the rates of tobacco, there are still almost 25,000 kids that become regular daily smokers in our state every year.

What's the best way to help our youth quit smoking? Raise the price of cigarettes. Research studies have shown the following effect from just a 10 percent increase in the price of cigarettes:

- 4% drop in overall consumption
- 1-3% drop in adult prevalence
- 7% drop in youth prevalence

Even better, if the cost of cigarettes rises \$1 per pack, 142,000 children alive today in New York State would not become smokers and the state would generate up to \$430 million in new revenue that could be used to help smokers quit. *Source: NYS Bureau of Tobacco Use Prevention & Control*

"Shining Star"

Every quarter we will feature an individual who collaborates with our center and who has made a significant difference in helping patients quit tobacco.

This quarter the "Shining Star" recognition goes to... **Valerie Flanders, RN**, from the **Albany County Department of Health**. Valerie has referred **169** patients to the NYS Smokers' Quitline since January 1st 2007. Val asks her patients at every visit if they use tobacco, advises them to quit and assists them in the process. It is clear that her asking at every visit has made a huge difference for her patients. Thank you Valerie for your motivation and commitment to helping your patients become tobacco free. Keep up the great work!



Combining Chantix™ and NRT Is Not Recommended

Although nicotine replacement therapy (NRT) is not contraindicated when taking Chantix™ (Varenicline), it is not recommended. Chantix™ works by eventually blocking nicotine from entering the nicotinic receptors; this would also include the nicotine from NRT such as the patch. Used concurrently, Chantix™ and NRT would result in possible side effects such as nausea. Therefore, Chantix™ is recommended as a solitary pharmaceutical smoking cessation aide.

Studies have also found that Chantix™ diminishes the desire for alcohol. It is believed to turn down the “reward system” instead of replacing the system. Further studies are being conducted.

source: Pfizer Labs

Word Search Puzzle “Qualities of Our Champions”

C	D	W	L	O	G	F	F	R	Z	committed
H	C	E	I	G	A	J	O	B	D	hero
U	H	Z	T	L	N	T	C	E	G	caring
H	A	S	L	T	A	I	D	B	J	star
Q	M	S	T	V	I	I	R	O	A	champion
K	P	O	I	A	C	M	A	A	C	motivator
L	I	T	B	A	R	V	M	Y	C	dedicated
Y	O	V	T	C	D	O	J	O	F	
M	N	E	W	C	C	C	Y	Y	C	
B	D	U	W	Q	Z	H	E	R	O	

Medication Interactions with Tobacco Smoke What Your Patients Don't Know Can Hurt Them

The tars in smoke can increase the metabolism of some medications, causing decreased serum levels of the medication in the blood. Therefore, quitting smoking can increase drug levels. Certain antipsychotics, antidepressants and a list of other medications may need adjusting once a person quits smoking. Even an everyday drug such as caffeine is affected by metabolic changes in the body caused by tobacco. For example: if your patient continues to drink the same six cups of coffee after they stop smoking, their blood caffeine levels could be up to 50% higher and it would feel as if they had consumed nine cups. Many times, they blame their feeling of anxiety and discomfort on nicotine withdrawal, when actually it is due to higher levels of caffeine. Don't let your patients be caught off guard. Talk to them and encourage their provider to adjust their medications properly.

A list of drugs whose metabolism is known to be affected by smoking may be found on our website: www.quitsolutions.org

Jill Williams, MD “Treating Tobacco Dependence in the Mental Health Setting”

Quitline Referral Updates

Top 7 offices with highest number of referrals to the Quitline in past 3 months:

St. Clare's Family Health Center

Schenectady County Public Health Services

Bassett Healthcare Cobleskill

Troy Internal Medicine

Albany County Dept. of Health

Capital District Internal Medicine

Cohoes Family Care

Congratulations!

The following healthcare office has recently implemented a policy to ensure that every tobacco user they see is asked, advised and referred for help with quitting.

Romeo Tamayo, M.D.