

Session 5

Denise Szczucki: can you comment on any long term adverse health effects of NRT?

- Dr. Avery: there is increased risk of cardiovascular, respiratory, gastrointestinal disorders with just nicotine as well, but safer overall without all the other contaminants

Anne Carroll Fernandez: Any strategies to help those with severe mental illness to stop smoking- the rates in this cohort are more than double the general population especially for those with schizophrenia

- Dr. Avery: will discuss shortly quit strategies, but it is harder with this group

Leslie Hayes: I have a large number of patients who smoke 1-3 cigarettes daily and have done so for years, maybe decades. Are there studies on the health effect at those lower levels?

- Adam Lake: Inoue-Choi M, Liao LM, Reyes-Guzman C, Hartge P, Caporaso N, Freedman ND. Association of Long-term, Low-Intensity Smoking With All-Cause and Cause-Specific Mortality in the National Institutes of Health–AARP Diet and Health Study. *JAMA Intern Med.* 2017;177(1):87–95. doi:10.1001/jamainternmed.2016.7511
- Dr. Avery: exactly. thanks adam. men who smoked just one cigarette a day still shared a full 46 percent of the increased odds for heart disease that a heavy smoker had, and 41 percent of the risk for stroke. And women who smoked one cigarette a day had 31 percent of the pack-a-day smokers' increased risk of heart disease, and 34 percent of their increased risk of stroke, Hackshaw's group said."
- Leslie Hayes: Wow. I did not realize that such a small amount increased risk so much. Thank you.

Martha Arden: Can you comment on the social use of hookah, which seems to be more and more popular among teens/young adults? Should we be concerned? It seems unlikely to be addictive, but is it a gateway to cigarettes/vape?

- Dr. Avery: Yes. Hookah smoke that you inhale can contain 36 times more tar than cigarette smoke, 15 times the carbon monoxide, and 70% more nicotine than one cigarette. Hookah smokers may absorb more toxins and cancer-causing chemicals than cigarette smokers.

Adam Lake: is there a reason why bupropion is recommended as twice a day for cessation, but once a day for all other purposes?

- Dr. Avery: It's just how it was studied. I often go with 150mg XL
- Adam Lake: thanks, I didn't know if there was some tobacco induced CYP450 interaction I was missing

Norma Naghaviyani: How about NRT in pregnancy?

- Adam Lake: ooo, yes, hope you are about to talk about this. I heard some new info that it is worse than tobacco
- Dr. Avery: There is no strong evidence that pregnant smokers who use NRT are at higher risk of adverse perinatal events, including teratogenesis, than pregnant smokers not using this therapy. In a trial of 1050 pregnant smokers randomly assigned to NRT or placebo, children exposed to

nicotine replacement in utero had as good or better development outcomes at two-year follow-up compared with unexposed children

Sean Leonard: Is there any efficacy to combining NRT with Chantix? Chantix being a partial agonist would block the effects of the NRT...as a result the NRT is really just having a placebo effect...

- Dr. Avery: Varenicline in combination with NRT has been shown to be more effective than varenicline alone at achieving tobacco abstinence at 12 weeks (end of treatment) and at 6 months

Leslie Hayes: Most of my patients who are quitting smoking at this time are using e-cigarettes. Will you be discussing this?

- Dr. Avery: there is some evidence that it can help or are a good harm reduction approach, but in my experience, many just get stuck on them as well.

Sunil Khushalani: What about chantix in patients with Bipolar Disorder (if not stable)

- Dr. Avery: for active psychosis or mania, I am cautious, although studies have been reassuring

Teresa Ainsworth: for the severely dependent smoker: advise to remove the patch when they (insist on smoking)?

Lisa Marie Orlandi: What do you suggest around the use of NRT for patients with established cardiovascular disease?

- Lisa Marie Orlandi: How long will you keep patients on NAC and gabapentin for CUD?