

Nicotine Content in Tobacco Products

Product	Nicotine content	Suggested Rx
Cigarettes	1.1mg to 1.8mg per cigarette (22mg to 36mg/pack)	21mg patch QD x28 days <u>plus</u> NRT gum or NRT lozenge (4mg/2mg). Evaluate decrease patch dose monthly (PACT nurses to track?). May add Bupropion if no contraindications.
Cigars	13.3mg average	Patch and Short Acting NRT (4mg/2mg) based on # of cigars per day. May add Bupropion if no contraindications.
Mini-cigars (i.e. 'Swishers or Dark Horse)	3.8mg per mini-cigar = 76mg/pack	42mg to 21mg (depending on # smoked) <u>plus</u> Short Acting NRT (4mg/2mg). May add Bupropion if no contraindications.
Pipe	5.2mg average per bowl	Patch and Short Acting NRT (4mg/2mg) based on # of bowls smoked per day. May add Bupropion if no contraindications.
Chewing/dipping can (i.e. Skoal, Copenhagen)	88mg per can of dip/chew	42mg Patch and Short Acting NRT (4mg/2mg). May add Bupropion if no contraindications.
Loose leaf pouch (i.e. Redman)	144mg per pouch	42mg Patch and Short Acting NRT (4mg/2mg). May add Bupropion if no contraindications.
Hookah (water pipe)	One 45-60 minute session = approximately one pack of cigarettes in nicotine and tar content	21mg Patch and Short Acting NRT (4mg/2mg). May add Bupropion if no contraindications.
Bidi's (hand rolled cigarettes imported from India)	One bidi contains 3 to 5 times as much nicotine as a regular cigarette	Patch and Short Acting NRT (4mg/2mg) based on # of bidi's smoked per day. May add Bupropion if no contraindications.
Kretek (Clove cigarette)	Little research available. Increased risk of acute lung injury, especially with asthma or respiratory infections.	Short Acting NRT (4mg/2mg) based on # of Kretek's per day. May add Bupropion if no contraindications.
	References available on request	

Clinical Pearls

- Optimal length of treatment is not established for NRT
- Evidence for using NRT gum/lozenge for 6 months or greater, results in improved quit rates
- Combination of NRT patches and NRT gum/lozenge or NRT patches and gum/lozenge + Bupropion is most effective
- NRT gum/lozenge absorption is affected by pH: advise against drinking coffee, tea, soda, juice while gum/lozenge is in mouth
- Advise using NRT gum/lozenge to 'stay ahead of the craving' by using a piece every hour while awake (or at least for the first 3 hours), especially within the first 7-30 days
- Use of Bupropion for 52 weeks produces about 42% successful quit
- Bupropion can be used with Prozac, Zoloft, Celexa and most all meds for depression
- Bupropion contraindicated if: known seizure disorder (ever); structural brain abnormality; serious closed head injury (unconscious for 30 minutes or greater within past 5 years)
- Initial symptom of nicotine toxicity = NAUSEA
- Electronic cigarettes: not regulated; can contain from 0mg to .2mg to 2mg per e-cigarette; many brands contain nitrosamines (cancer causing agents) despite label saying otherwise; active ingredient of antifreeze added to most brands to produce 'puff of smoke'
- Two problems: 1.) physical addiction to nicotine (out in 72 hours) and, 2.) psychological/behavioral problem. Treating only physical addiction = high failure rate.
- Strongly advocate use of
 - VA groups and/or individual therapy
 - Quit lines (1-800-QUITNOW or American Lung Association 1-800-784-8937)
 - Internet resources (www.ucanquit2.org or www.becomeanex.org or www.smokefree.gov)
 - Family/friend support