

“Cold Turkey or Slow Turkey”

Presentation for UAMS employees and patients

Advertisement: Webpage, email, and word of mouth

Cold Turkey or Slow Turkey: Which product is right for you?

(2nd class of the Quit and
Stay Quit Monday series)

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Why Mondays?

- Research proves it works.
- It gives you 52 chances to quit every year!



What we will discuss

- Each common cessation product
- How they help
- How to use them correctly
- Insurance coverage
- Pros and Cons of each
- Cold Turkey



Nicotine Replacement Therapies (NRTs)

- Products meant to REPLACE the nicotine you get from your tobacco either through continuous release or on an as-needed basis.

Nicotine Replacement Therapies

- Nicotine patches
- Nicotine gum
- Nicotine lozenges

Pros:

1. You still get some nicotine
2. Few side effects
3. Covered by most third party insurances and Medicaid.

Cons:

1. You should not smoke while using them
2. Not covered by Medicare policies.

How Nicotine Replacement Therapies Help

- They all help to eliminate the “habit” of smoking first, then later you reduce the nicotine.
- Nicotine patches – provide continuous amount of nicotine all day long.
- Nicotine gum and lozenges – Provide nicotine on the spot and help with the oral fixation.

Nicotine Replacement Therapies Side Effects

- Nicotine patches
- Nicotine gum
- Nicotine lozenges

Patches:

1. Skin irritation
2. Vivid dreams if worn at night
3. If you smoke with it on:
 - a) Quickened pulse
 - b) High blood pressure
 - c) Nausea
 - d) Vomiting
 - e) Diarrhea,
 - f) Cold sweats
 - g) Blurred vision
 - h) Dizziness
 - i) Headaches
 - j) Drooling

Gum and lozenges:

1. Hiccups
2. Jaw discomfort
3. Upset stomach
4. Same as patches if you smoke while using this product or too closely together.

How to Use Nicotine Replacement Therapies

- Nicotine patches
- Nicotine gum
- Nicotine lozenges

Patches:

1. 21 mg x4-6 weeks (if you smoke >10/day)
2. 14 mg x4-6 weeks (if you smoke <10/day)
3. 7 mg x2-4 weeks

- Apply 1 per day
- Usually used for about 3-4 months total

Gum and lozenges:

- Two strengths: 2 mg and 4 mg
- Allow yourself the same number of pieces as you would normally smoke cigarettes.
- Example: You typically smoke 10 cigarettes=allow yourself 10 pieces.
- Gum:
 1. Chew until you feel peppery feeling on tongue
 2. Park in your lip or cheek
- Lozenge:
 1. Suck on lozenge until you feel peppery feeling on tongue
 2. Park in your lip or cheek

Are Nicotine Replacement Therapies right for you?

- Yes:
 - You have never tried them before.
 - You have used them, but now you know you may have used them incorrectly.
 - You have used them with success in the past.
- No:
 - You have used them correctly in the past and you had a bad reaction.
 - You are allergic to the products.
 - The gum may not be ideal for you if you have dentures.



Chantix

- Nicotine-free medication specifically made to help people quit tobacco “slow turkey”.



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Chantix

- Pros:
 1. Statistically, the best product on the market for tobacco cessation
 2. Prevents withdrawal symptoms and cravings without giving you nicotine
 3. Most insurances cover this (including Medicaid), even some Medicare plans.
- Cons:
 1. More possible side effects
 2. It is a medication

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How Chantix Helps

- Blocks the nicotine receptors in the brain of a tobacco user.
 - Helps you control your cravings.
 - Causes you to think about tobacco less often.

Chantix Possible Side Effects

- Common:
 1. Nausea
 2. Stomach pain
 3. Constipation
 4. Heartburn
 5. Gas
 6. Tired or weak feeling
 7. Dry mouth
 8. Change in taste
 9. Headaches
 10. Weird dreams (never take directly before bed)
- Less common, more severe:
 1. Mood or behavior changes
 2. Anxiety or panic
 3. Hallucinations
 4. Extreme fear
 5. Confusion
 6. Impulsiveness
 7. Violent feelings or behaviors
 8. Restlessness
 9. Depression
 10. Extra Energy
 11. Suicidal thoughts or thoughts about hurting yourself

(Always take with food)

How to use Chantix to quit

- 3 possible "plans" to follow
- 1st week:
 - Days 1-3: Take 1 white pill (0.5 mg) in the morning.
 - Days 4-7: Take 1 white pill (0.5 mg) in the morning and evening.
 - From day 8 until you stop taking it: Take 1 blue pill (1 mg) in the morning and evening.



How to use Chantix to quit

- Plan 1: "Fixed plan"
 - Quit on day 8
 - Take Chantix for 12 weeks/3 months
- Plan 2: "Flexible Plan"
 - Set a quit date for between day 9 and 35.
 - Take Chantix for 12 week/3months

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How to use Chantix to quit cont.

- Plan 3: "Gradual Plan"
 - Set your quit date for no more than 12 weeks/3 months from now.
 - Weeks 1-4: cut the amount you smoke in half.
 - Weeks 5-12: cut the amount you smoke by another half.
 - Stop smoking on your quit date
 - Take Chantix for up to 6 months.
- Example:
 - You smoke 1 pack per day (20 cigarettes)
 - Set your quit date for the end of week 12.
 - Weeks 1-4: cut your smoking to 1/2 pack per day (10 cigarettes)
 - Weeks 5-12: Cut your smoking to 1/4 pack per day (5 cigarettes)
 - Quit by the end of week 12
 - Continue taking Chantix for another 12 weeks/3 months.

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Is Chantix right for you?

- Yes:
 - You have tried everything else and nothing seems to work.
 - You are comfortable taking a medication and remembering to take it as prescribed.
 - You do not want to quit right when you start using a product (slow turkey)
 - You have an insurance that does not cover over the counter products (Medicare replacement policies, some BCBS policies)
- No:
 - You are allergic to any of the ingredients.
 - You have been diagnosed with a serious mental health condition, and it is not well-controlled
 - You have kidney problems
 - You are pregnant or plan to become pregnant
 - You are breastfeeding
 - You drink alcohol frequently (can increase chances of experiencing the rare side effects)



Wellbutrin SR (Bupropion SR)

- First medication approved for tobacco cessation.
- Antidepressant medication used to help patients quit smoking "slow turkey" as well.

Wellbutrin SR (Bupropion SR)

- Pros:

1. You do not have to quit right when you start taking it
2. Works in several ways to help you quit
3. Can be used in combination with NRTs
4. Most insurances cover it including Medicare policies.

- Cons:

1. It is a medication
2. Should not be taken with other antidepressants

How Wellbutrin SR (Bupropion SR) Helps

- Partially blocks nicotine receptors
- Helps with appetite control similar to the way nicotine does.
- Helps control mood changes associated with quitting tobacco.

Wellbutrin SR (Bupropion SR) possible side effects

- Common:
 1. Insomnia (never take directly before bed)
 2. Dry mouth
 3. Constipation
 4. Shakiness
 5. Dizziness
 6. Rash
 7. Itching
 8. High Blood Pressure
 9. Hives
- Rare, more severe:
 1. Seizures
 2. Unusual changes in behavior not typical of nicotine withdrawal
 3. Sudden onset or worsening depression
 4. Thoughts of suicide or hurting yourself

How to use Wellbutrin SR (Bupropion SR) to quit

- Days 1-3: Take one 150mg pill in the morning
- Starting Day 4: Take one 150mg pill in the morning and evening.
- Try to quit on day 14.
- Some doctors prescribe 300mg XL
 - Only take one per day.
- Continue to take at least 2-3 months after you quit.

Is Wellbutrin SR (Bupropion SR) right for you?

- Yes:
 - Mood changes have been an issue when trying to quit.
 - Quitting in one day has not worked well for you.
 - You are comfortable with taking medication.
 - You have an insurance that does not cover other options.
 - Weight gain is a concern for you when quitting tobacco.
- No:
 - Have a seizure disorder
 - Have or had an eating disorder
 - Take medications similar to Wellbutrin, psychiatric meds, sedatives to help you sleep, or anti-seizure medications.
 - You drink alcohol frequently (increases risks of seizures)
 - Pregnant, trying to become pregnant or breastfeeding.

Combinations

- Nicotine patch and gum
- Nicotine patch and lozenge
- Wellbutrin and NRT (patch, gum, or lozenge)

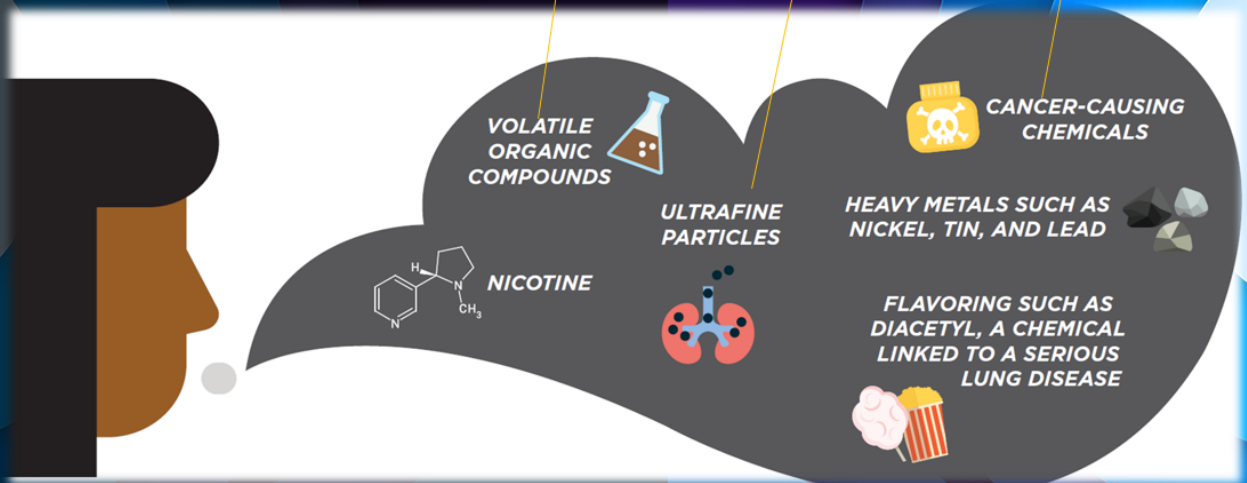
Electronic Nicotine Delivery Systems (ENDS): AKA E-cigs

- A device which makes it possible to heat liquid containing nicotine, flavorings, and other chemicals and inhale the "vapor".

Electronic Nicotine Delivery Systems (ENDS): AKA E-cigs

- Pros:
 - Still allow you to inhale nicotine while trying to quit smoking cigarettes/cigars.
 - Variety of options
 - SAFER than combustible tobacco
- Cons:
 - Still NOT considered safe.
 - They are attractive and usually keep people addicted to the act of smoking.
 - Insurance does not cover them.
 - We do not know the long term effects of these products.
 - You are not just inhaling "nicotine and water" (see next slide)

Electronic Nicotine Delivery Systems (ENDS): AKA E-cigs



The idea behind using Electronic Nicotine Delivery Systems (ENDS): AKA E-cigs to quit smoking

- Similar to the “step down process” of the nicotine patches.
 - Start at a higher dose of nicotine in the e-liquid (usually around 6 mg/ml)
 - Reduce the strength after 2-4 weeks (usually about 3 mg/ml)
 - Reduce to 0 mg/ml after 2-4 weeks.
 - Stop using the ENDS.
- Problem: most people do not do this.



If you really want to
use an ENDS, which
should you use?

- JUUL is the best.
 - Commitment to safety: less chemicals in the liquid and safer heating element.
 - Delivery of the nicotine is the most similar to cigarettes.



How to quit Cold
Turkey

- **Plan! Plan! Plan!**
 - Keep yourself busy
 - Keep gum or hard candy with you
 - Clear out all reminders to smoke
- Set a quit date within 4-6 weeks of when you decide to quit.
- Use what you learn from your past attempts.

Cold Turkey: Nicotine withdrawal symptoms

Symptom	Cause	Average Duration	Relief
Irritability	Body's craving for nicotine	2 to 4 weeks	Walks, exercise, warm bath/shower, relaxation techniques
Fatigue	Nicotine is a stimulant	2 to 4 weeks	Take naps, do not push yourself
Insomnia	Nicotine affects brain wave function, influences sleep patterns; coughing and dreams about smoking are common	1 week	Reduce overall caffeine intake; avoid caffeine after 6pm; practice relaxation techniques, read before going to bed
Cough, Dry Throat, Nasal Drip	Body getting rid of mucous which blocked airways and restricted breathing	A few days	Drink plenty of fluids, try cough drops
Dizziness	Body is getting extra oxygen	1 or 2 days	Take extra caution; change positions slowly
Lack of Concentration	Body needs to adjust to not having constant stimulation from nicotine.	A few weeks	Plan workload accordingly; avoid additional stress during first few weeks, eat healthy, stay rested.
Tightness in the Chest	Probably due to tension created by body's need for nicotine; may be caused by sore muscles from coughing	A few days	Relaxation techniques, especially deep breathing; exercise
Constipation, Gas, Stomach Pain	Intestinal movement decreases for a brief period	1 or 2 weeks	Drink plenty of fluids, add roughage to diet (i.e. fruits, vegetables, whole grain cereals)
Hunger	Craving for cigarette can be confused with hunger pang; oral craving/desire for something in the mouth	Up to several weeks	Drink water or low-calorie liquids; be prepared with low calorie snacks.
Craving for a Cigarette	Withdrawal from nicotine, a strongly addictive drug	Most frequent first 2 or 3 days; can happen occasionally for months or years	Wait out the urge. Urges last only a few minutes. Distract yourself. Exercise; go for a walk around the block; talk to someone for support

What's the bottom line??

YOU are the most important part of quitting.

Next class:

Quit tobacco that's Easy. Done it
a Million Times – Practical tips
for turning setbacks into
success

Date: January 25, 2021

Facilitator: Rebekka Gull, CTTS

Registration deadline: January
20, 2021

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