

Treatment Options for Smoking Cessation

- ❖ **Pharmacotherapies** should be used only when the teen shows both **tobacco dependence** AND **intention to quit**.
- ❖ **Social support** should be established in addition to, or instead of, pharmacotherapy. Suggest: quit smoking with a friend/family member or join a support group such as Nic-Anon.

WHAT PHARMACOTHERAPIES ARE AVAILABLE?

PRODUCT	AVAILABILITY	DAILY DOSE (Treatment Duration)	COMMON SIDE EFFECTS	ADVANTAGES	DISADVANTAGES
TRANSDERMAL PATCH <i>(Nicoderm CQ and Nicotrol)</i> »Place on hairless part of body between neck and waist - rotate	OTC	Nicoderm CQ 1 patch for 24 hours 21 mg/ 4 weeks, then 14 mg/ 2 weeks, then 7 mg/ 2 weeks	► Skin irritation (treat with Hydrocortisone cream) ► Insomnia (Remove patch at night)	► Provides steady level of nicotine ► Easy to use ► Unobtrusive ► Available OTC	► User cannot adjust dose if craving occurs
	OTC	Nicotrol 1 patch for 16 hours 15 mg/ 8 weeks (use lower dose if smoking ≤ 10 cigs/day)			
GUM <i>(Nicorette/Nic Mint)</i> »Chew until tongue is tingly, park, repeat x 30 min., water only for 15 min. before and during chewing	OTC	1-24 cig./d.: 2 mg, gum (up to 24 pieces/d.) 25+ cig./d.: 4mg, gum (up to 24 pieces/d.) (Up to 12 weeks)	► Mouth irritation ► Sore jaw ► Dyspepsia ► Hiccups	► User controls dose ► Provides oral substitute ► Available OTC	► Proper chewing technique is needed to avoid side effects and achieve efficacy ► Can damage dental work ► Use difficult for those with orthodontic braces
NICOTINE LOZENGE	OTC	9-20 daily (Up to 12 weeks)	► Hiccups ► Heartburn	► Patient controls dosage ► Easy to use ► Discreet	► Limited information on long-term use
VAPOR INHALER <i>(Nictrol IN)</i>	Prescription	6-16 cartridges/day (3-6 months)	► Mouth and throat irritation ► Cough	► User controls dose ► Provides hand-to-mouth substitute for cigarettes	► Frequent puffing needed ► Device visible when used
NASAL SPRAY <i>(Nicotrol NS)</i>	Prescription	8-40 doses/day (3-6 months)	► Nasal irritation ► Sneezing ► Cough ► Teary eyes	► User controls dose ► Most rapid nicotine delivery ► Highest nicotine levels	► Most irritating NRT product to use ► Device visible when used
BUPROPION SR <i>(Zyban, Wellbutrin SR)</i> »Can be used with NRT* »Start one week before quit date	Prescription	150 mg am x 3 days, then 150 mg bid (7-12 weeks; up to 6 months to maintain abstinence)	► Insomnia (take dose at 8am & 4pm) ► Dry mouth	► Easy to use (pill) ► No nicotine exposure	► Seizure risk for patients with seizure disorder or bulimia
VARENICLINE <i>(Chantix)</i> »Can be used with NRT* »Start one week before quit date	Prescription	0.5 mg once a day, 1-3 days 0.5 mg twice a day, 4-7 days 1 mg twice a day thereafter (Up to 6 months)	► Nausea ► Vomiting ► Sleep disturbance ► Constipation ► Flatulence	► Easy to use (pill) ► No nicotine exposure	► Use not well studied for the adolescent population

*Nicotine Replacement Therapy

Note: Nortriptyline and Clonidine are second line pharmacotherapies for tobacco cessation, but are not commonly used for adolescents.

Important Things To Remember When Prescribing Smoking Cessation Pharmacotherapies To Teens...

- Be aware of the psychosocial and behavioral aspects of youth smoking and confirm teen's desire to quit before initiating pharmacotherapy.
- Bupropion SR or Nicotine Replacement Therapy are recommended because there has been no evidence to show they are harmful to teens.
- If the teen has a history of depression, Bupropion may be helpful for both depression and tobacco cessation.
- If the teen is concerned about weight gain, Bupropion and nicotine gum have been shown to delay, but not prevent weight gain.
- Follow-up by phone or in person is essential. Schedule a visit for at least 2 and 4 weeks after quit date.
- Much more research is needed to determine the efficacy of these pharmacotherapies in children and adolescents.

Sources:

- 1) Massachusetts General Hospital. Quit Smoking Service. Drugs Used to Treat Tobacco Use. 2006, <http://www.mgh.harvard.edu/qss/providers.pdf>. Chart adapted with permission.
- 2) US Department of Health and Human Services. Treating Tobacco Use and Dependence: Quick Reference Guide for Clinicians. 2000, www.massgeneral.org/tts/smoking_providers.htm
- 3) US Department of Health and Human Services. Clinical Guideline: Treating Tobacco Use and Dependence. 2000, http://www.surgeongeneral.gov/tobacco/treating_tobacco_use.pdf