



# Exploring Combination Therapy for Smoking Cessation: A Provider and Quitline Intervention



**Tuesday, June 11, 2019**

**Moderated by:**

*Tony Astran, MPA, APR*

*Public Information Specialist, New York State Smokers' Quitline*

# WEBINAR OBJECTIVES

## 1. Learn how the New York State Smokers' Quitline (NYSSQL) supports healthcare providers in their efforts

- a) Resources available to aid in assisting tobacco users
- b) Listen to a mock call between a tobacco user and a Quit Coach

## 2. Explore combination therapy for smoking cessation

- a) Greater effectiveness versus using one nicotine replacement therapy (NRT) product or going “cold turkey”
- b) Recommendations for using the seven FDA-approved NRT products
- c) Possible side effects to consider

# YOUR PRESENTERS



***Paula Celestino, MPH***  
Client and Outreach Director



***Dr. Daniel Croft, MD, MPH***  
Physician Task Force Member

# PAULA CELESTINO, MPH



# ABOUT ROSWELL PARK

## Roswell Park Comprehensive Cancer Center:

- Over 60 years of work in the field of tobacco control and today is considered a leader in the field
- Administers state and community-based programs and conducts research on the local, state, national, and international level
- Employs experts in the fields of cessation, policy, ENDS, tobacco product marketing and counter-marketing, and product regulation



# ABOUT ROSWELL PARK

## Roswell Park Comprehensive Cancer Center:

- Located in Buffalo, New York
- Administering the NYSSQL since its launch in 2000
- Offers and provides telephonic and web-based cessation services for health plans and employer groups
- Administers the national Gilda Radner Ovarian Line, the NYS HIV/AIDS Hotline, and the NYS Prison HIV Counseling Hotline



# ABOUT THE NYSSQL

## The New York State Smokers' Quitline:

- began as an informational service and materials clearing house with six (6) information specialists
- evolved to offer coaching along with a patient fax referral program for healthcare professionals
- through research, was a pioneer in establishing the efficacy of nicotine replacement therapy (NRT) distribution through a quitline
- is one of the busiest quitlines in the nation



# ABOUT THE NYSSQL

## Today's NYSSQL

As a component of the New York State Bureau of Tobacco Control's comprehensive program, the NYSSQL works to carry out activities that support a broader goal:

*to improve reach and evidence-based cessation delivery through Health Systems Change throughout New York State.*

## Supporting Activities

### Participant Intervention

Provide Education & Messaging  
Web & Social Media Messaging  
Ancillary Messaging

### Provider Outreach & Services

Adjunct Patient Referral Program  
Marketing & Public Relations  
Support, Resources, & Technical Assistance

### Operations

Specialized Training  
Standardized Messaging  
Interface Prompts & Support  
QuitSite Enhancements

### Outcome Monitoring

Intervention Measures  
Marketing Measures  
QuitSite Measures





# ABOUT NYSSQL

## NYSSQL Services

- *Cessation coaching: up to 2 (two) coaching sessions and unlimited incoming calls*
- *Email or text support messages*
- *Nicotine Replacement Therapy*
  - *(phone and online registrations)*
- *Self-help materials*
- *QuitSite: [www.nysmokefree.com](http://www.nysmokefree.com)*
  - *interactive and informational*
- *Refer or triage to other cessation services*
  - *(e.g., health plan, local or healthcare program, Asian Smokers Quitline)*



# ABOUT NYSSQL

## NYSSQL NRT Availability\*

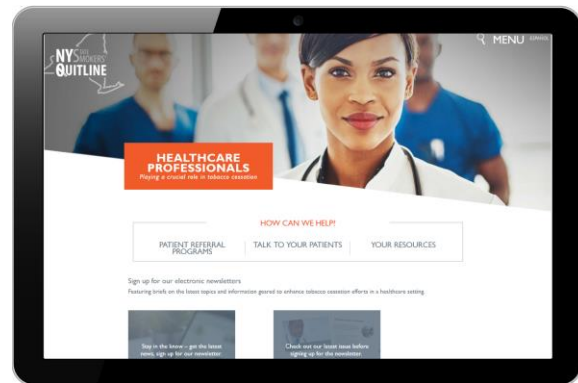
- *Eligibility criteria:*
  - *18 years or older, NYS resident, no contraindications*
    - *Most are eligible!*
- *Can receive supply two (2) times in 12 months with 3-month interval*
- *2- or 4-week supply available depending on resources (currently 4 weeks)*
- *Mailed out in 2-week shipments*
- *Moderate and heavy smokers receive a combination of nicotine patch and the gum or lozenge (combination therapy)*

***\*Criteria subject to change per NYS BTC supply/discretion & NYC supply***

# ABOUT NYSSQL

## NYSSQL Services for Healthcare Professionals

- *Patient Referral Program*
  - *Call within 24-72 hours of referral receipt*
  - *Materials and referral forms*
  - *Technical assistance*
- *QuitSite resources ([www.nysmokefree.com](http://www.nysmokefree.com))*
- *E-Newsletters*
  - *Quitters Always Win & The Check-Up*
- *Webinars and CME trainings*
- *Connections to local NYS Health Systems Change programs*



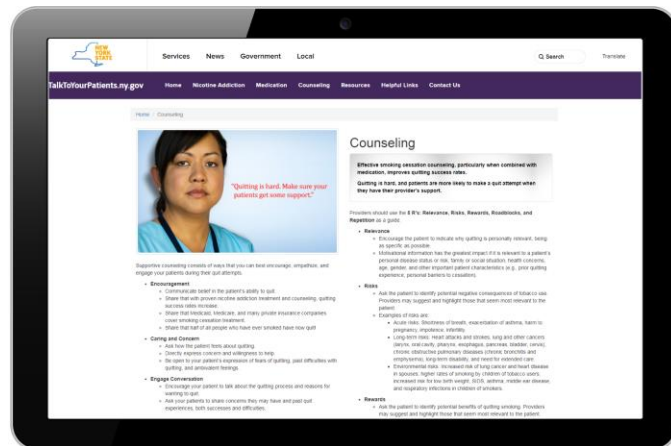
# ABOUT NYSSQL

## Links to Other Provider Resources

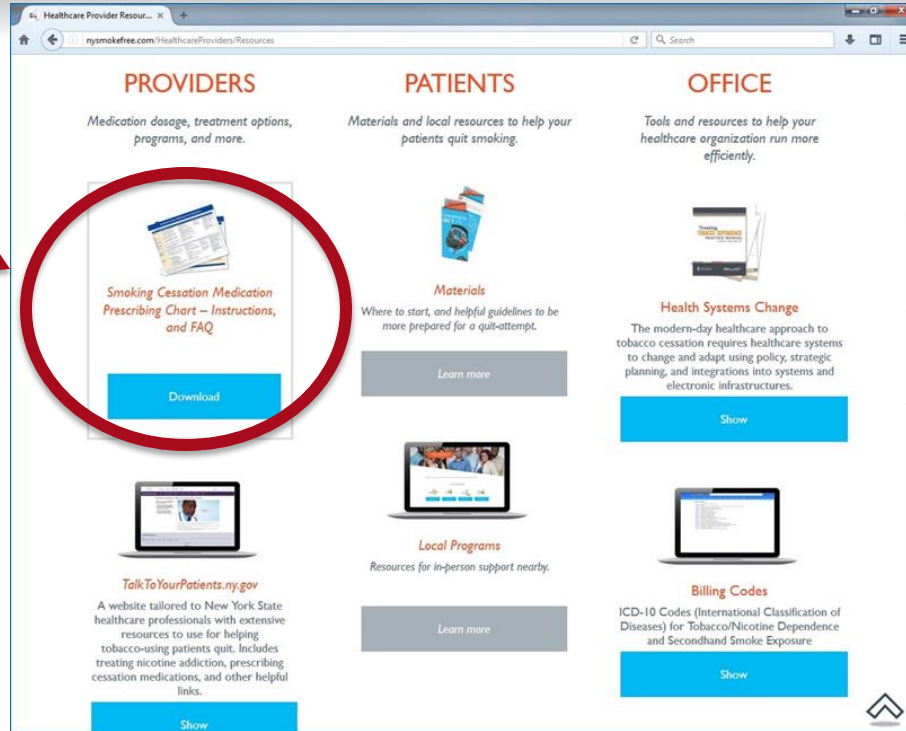
[NYS Bureau of Tobacco Control:  
\*Talk to Your Patients\*](#)

[CDC:  
\*Healthcare Providers: Tools and Resources\*](#)

[NYC Health:  
\*Information on Smoking and Tobacco Use for Clinicians\*](#)



# RESOURCES: HCPs WEBSITE



The screenshot shows a web browser window with the URL [nysmokefree.com/HealthcareProviders/Resources](https://nysmokefree.com/HealthcareProviders/Resources). The page is organized into three columns: PROVIDERS, PATIENTS, and OFFICE.

- PROVIDERS:** Medication dosage, treatment options, programs, and more. A red circle highlights the "Smoking Cessation Medication Prescribing Chart – Instructions, and FAQ" with a "Download" button.
- PATIENTS:** Materials and local resources to help your patients quit smoking. Includes "Materials" (with a "Learn more" button) and "Local Programs" (with a "Learn more" button).
- OFFICE:** Tools and resources to help your healthcare organization run more efficiently. Includes "Health Systems Change" (with a "Show" button) and "Billing Codes" (with a "Show" button).

A red arrow points from the left side of the slide to the red circle around the "Download" button for the "Smoking Cessation Medication Prescribing Chart".

<https://nysmokefree.com/HealthcareProviders/Resources>

# RESOURCES: DOSING CHART

## Smoking Cessation Medication Prescribing Chart

These highlights do not include all information needed for safe and effective use. See full prescribing information for each medication.

Medication*	Suggested Regimen	Precautions	Contraindications	Potential Adverse Effects
<b>Nicotine Replacement Therapy (NRT)</b>	<b>Patch<sup>†</sup></b> Long-acting NRT	<ul style="list-style-type: none"> <li>≤10 cig/d, start with 14 mg/qd x 6 weeks, followed by 7 mg/qd x 2 weeks</li> <li>&gt;10 cig/d, start with 21 mg/qd x 6 weeks, followed by 14 mg/qd x 2 weeks, followed by 7 mg/qd x 2 weeks</li> </ul>	<ul style="list-style-type: none"> <li>Heart attack within 2 weeks</li> <li>Serious cardiac arrhythmia</li> <li>Unstable angina</li> </ul>	<ul style="list-style-type: none"> <li>Symptoms of too much nicotine, e.g., nausea, headache, dizziness, fast heartbeat</li> <li>Skin irritation, insomnia (patch)</li> <li>Swain pain, dry mouth (gum)</li> <li>Hiccups, heartburn (gum, lozenge)</li> <li>Bronchospasm (nasal spray, inhaler)</li> <li>Nasal irritation, tearing, sneezing (nasal spray)</li> <li>Mouth and throat irritation (inhaler)</li> </ul>
	<b>Gum<sup>‡</sup></b> Short-acting NRT	<ul style="list-style-type: none"> <li>1<sup>st</sup> cig &gt;30 mins after awakening, 2 mg/hr</li> <li>1<sup>st</sup> cig ≤30 mins after awakening, 4 mg/hr (both up to 24 pcs/day)</li> </ul>		
	<b>Lozenge<sup>†</sup></b> Short-acting NRT	<ul style="list-style-type: none"> <li>1<sup>st</sup> cig &gt;30 mins after awakening, 2 mg/hr</li> <li>1<sup>st</sup> cig ≤30 mins after awakening, 4 mg/hr (both up to 20 pcs/day)</li> </ul>		
	<b>Nasal spray</b> Short-acting NRT	1–2 sprays/hr, as needed (max 40/d up to 3 mos)		
	<b>Inhaler</b> Short-acting NRT	Frequent continuous puffing for up to 20 mins at a time every hour, as needed (6–16 cartridges/d up to 6 months)		
Long-acting NRT (patch) can be used in combination with short-acting NRT (gum, lozenge, nasal spray or oral inhaler) or with bupropion SR.				
<b>Bupropion SR (Zyban<sup>®</sup>, Wellbutrin<sup>®</sup>)</b>	<ul style="list-style-type: none"> <li>Days 1–3: 150 mg po qd</li> <li>Day 4 to 7–12 weeks (or end of treatment): 150 mg po bid</li> <li>Can be maintained up to 6 months (24 weeks)</li> <li><b>Can be combined with the NRT patch</b></li> </ul>	<ul style="list-style-type: none"> <li>Pregnancy Class C<sup>†</sup></li> <li>Uncontrolled hypertension</li> <li>Severe cirrhosis – dose adjustment required</li> <li>Mild-moderate hepatic &amp; moderate-severe renal impairment – consider dose adjustment</li> </ul>	<ul style="list-style-type: none"> <li>MAO inhibitor in past 14 days</li> <li>Seizure disorder, bulimia/anorexia</li> <li>Abrupt discontinuation of ethanol or sedatives</li> </ul>	<ul style="list-style-type: none"> <li>Insomnia, dry mouth, headaches, pruritis, pharyngitis, tachycardia, seizures, neuropsychiatric effects and suicide risk</li> </ul> <p><small>As of December 16, 2016, the FDA removed the boxed warning for this medication. <a href="https://www.fda.gov/Drugs/DrugSafety/ucm32221.htm">https://www.fda.gov/Drugs/DrugSafety/ucm32221.htm</a></small></p>
<b>Varenicline (Chantix<sup>®</sup>)</b>	<ul style="list-style-type: none"> <li><b>Starting month pack:</b> (start 1 week before quit date)<sup>†</sup></li> <li>0.5 mg po qd x 3 days; THEN 0.5 mg po bid x 4 days; THEN 1 mg po bid x 3 weeks</li> <li><b>Continuing month pack:</b></li> <li>Week 5 to 12 (or end of treatment): 1 mg po bid</li> <li>Can be maintained up to 6 months (24 weeks)</li> <li><b>CANNOT be combined with NRT</b></li> </ul>	<ul style="list-style-type: none"> <li>Pregnancy Class C<sup>†</sup></li> <li>Seizure disorder</li> <li>CrCl &lt;30 or dialysis – dose adjustment required</li> <li>May increase risk of CV events in patients with CVD</li> <li>Operate heavy machinery</li> <li>May lower alcohol tolerance</li> </ul>	<ul style="list-style-type: none"> <li>Known history of serious hypersensitivity or skin reactions to varenicline</li> </ul> <p><small>As of December 16, 2016, the FDA removed the boxed warning for this medication. <a href="https://www.fda.gov/Drugs/DrugSafety/ucm32221.htm">https://www.fda.gov/Drugs/DrugSafety/ucm32221.htm</a></small></p>	<ul style="list-style-type: none"> <li>Nausea, insomnia, abnormal dreams, constipation, neuropsychiatric effects, seizures, suicide risk and cardiovascular events</li> </ul> <p><small>As of December 16, 2016, the FDA removed the boxed warning for this medication. <a href="https://www.fda.gov/Drugs/DrugSafety/ucm32221.htm">https://www.fda.gov/Drugs/DrugSafety/ucm32221.htm</a></small></p>

\* New York State Medicaid Fee for Service and Medicaid Managed Care Plans cover all seven FDA-approved medications (OTC NRT are covered with a prescription). New York City's official prescription discount card, [RxAssist](#), provides savings on medications, including OTC NRT medications with a prescription, for people living, working or visiting New York City. For other health insurance, consult plan administrator or formulary for coverage. In 2013, the FDA did not identify any safety risks associated with longer-term use of OTC NRT products. Talk to your doctor's needs for longer-term use. † May consider counseling where ineffective, the patient is highly motivated to quit and the risk benefit has been carefully assessed with patient. ‡ Alternative regimen for extended-release treatment patient to take long but then select regular quit date between Day 1 and 3 of treatment. † Note: Zyban<sup>®</sup> and Wellbutrin<sup>®</sup> are registered trademarks of GlaxoSmithKline. Chantix<sup>®</sup> is a registered trademark of Pfizer, Inc. The use of brand names does not imply endorsement of any product by the New York City Department of Health and Mental Hygiene or the New York State Department of Health.

## Smoking Cessation Medication Brief Instructions and FAQs

Product	Nicotine Patch	Nicotine Gum	Nicotine Lozenge	Nicotine Nasal Spray	Nicotine Inhaler	Bupropion SR (Zyban <sup>®</sup> , Wellbutrin <sup>®</sup> )	Varenicline (Chantix <sup>®</sup> )
<b>Brief Instructions</b>	Apply 1 patch to clean, dry, hairless skin like upper arm, upper back, shoulders, lower back or hip. Avoid moisturizers under patch and wash hands after use. Replace daily after waking and rotate site daily.	Chew until a peppery taste and slight tingle occurs, then park between cheek and gum. When taste fades, chew again, then park in another area of mouth. Avoid eating and drinking for 15 mins before and after use.	Allow lozenge to dissolve slowly without chewing or swallowing. Avoid eating and drinking for 15 mins before and after use.	Blow nose if not clear and tilt head back. Insert bottle tip as far in nostril as comfortable, angling toward wall of nostril. Do not sniff while spraying. Wait 2–3 mins before blowing nose.	Inhale using short breaths or puffs and get vapor in mouth and throat but not lungs. Store cartridges at temperature range 60°F–77°F for maximum effectiveness.	Take with food. Take 1 pill x 3 days, then 2 pills starting day 4. Take second pill at least 8 hours after the first, but as early as possible to avoid insomnia. Can be used in combination with nicotine patch.	Take with food and water as directed. Do not make up a missed dose by doubling up on the next dose. Avoid using NRT with varenicline.
Long-acting NRT (patch) can be used in combination with a short-acting NRT or bupropion SR.							

### Questions You May Receive from Your Patients and Examples of Responses

#### What should I do if the patch does not stick?

Place the patch on non-hairy skin with the heel of your hand and press for 10 seconds. Do not use moisturizing soap or lotion before applying the patch. You can use medical tape to help the patch stick better.

#### Can I become addicted to the patch?

Nicotine from the patch is delivered in a much steadier and lower quantity than nicotine from cigarettes, so the chance of becoming addicted is much lower.

#### If I have had major dental work done or wear dentures, should I use the gum or lozenge?

You should use the lozenge. The gum should generally be avoided if you have had major dental work and/or have dentures, braces or temporary crowns.

#### Can I use the patch and gum (or lozenge) at the same time?

Yes. Using the patch and gum (or lozenge) together helps many smokers quit. The patch provides a stable dose of nicotine throughout the day, while the gum or lozenge is short-acting and may help with withdrawal symptoms.

#### Can I use the patch, gum or lozenge after a relapse?

Yes, continued use of these medications after relapse is safe and can increase your chance of quitting.

#### How do I know if I'm getting too much or too little nicotine?

If you're getting too much nicotine, you may have a fast heartbeat, headache, upset stomach and/or feel dizzy or nauseous. If you have these symptoms, stop using the patch right away and call your doctor.

If you're getting too little nicotine, you may feel anxious, irritable, have difficulty concentrating, feel strong cravings, experience insomnia and/or have an increased appetite.

#### Do you have any medication that does not have nicotine?

Yes, bupropion and varenicline are two non-nicotine prescription medications that have been shown to be very effective in helping people quit. Bupropion is more effective when used in combination with the nicotine patch.

#### I need more help to stop. How can I get it?

Talk to your health care provider for additional counseling and medications. Call or visit the **NYC Smokers' Quitline** ([nysmokefree.com](http://nysmokefree.com)) at 1-866-NY-QUIT5 (1-866-697-9487) for quit coaching support and resources. In NYC, you can also call 311 to find quit smoking programs or visit **NYC Quits**, an online resource for smokers and recent quitters.

Brief instructions adapted from the Tobacco Treatment Medication Dosing Chart with permission from the [Maine Center for Disease Control and Prevention](#). Note: Zyban<sup>®</sup> and Wellbutrin<sup>®</sup> are registered trademarks of GlaxoSmithKline. Chantix<sup>®</sup> is a registered trademark of Pfizer, Inc. The use of brand names does not imply endorsement of any product by the New York City Department of Health and Mental Hygiene or the New York State Department of Health. Please consult your drug information for complete usage and safety information. To report SUSPECTED ADVERSE REACTIONS, contact the manufacturer or the FDA at 1-800-FDA-1088 or 1-800-332-1099 or [medwatch@fda.hhs.gov](mailto:medwatch@fda.hhs.gov).

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# DR. DANIEL CROFT, MD, MPH





# NICOTINE REPLACEMENT THERAPY

- **Safe and Effective!**
- **Evidence shows NRT has low risk of side effects and interference with existing medications.**

*Adverse effects with use of nicotine replacement therapy among quitline clients*  
**Nicotine & Tobacco Research, Volume 11, Number 4 (April 2009) 408–417**

“The majority of adverse effects reported were rated as mild, and only 4.4% – 5.4% of subjects (across the 2-week and 3-month follow-ups) reported discontinuation of NRT as a result of adverse effects.”

- **Always use NRT as directed and use a full course; connect to a health plan for more supply.**



# FDA-APPROVED NRT & STOP-SMOKING MEDICATIONS



**PATCH**



**GUM**



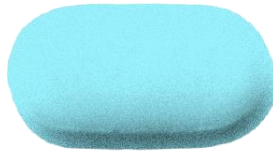
**LOZENGE**



**INHALER**



**NASAL SPRAY**



**VARENICLINE**



**BUPROPION**

# AFTER ENSURING READINESS...



**“I’m prescribing a patch to help you quit smoking. Wear it over your mouth.”**

# FDA-APPROVED NRT & STOP-SMOKING MEDICATIONS



\$1

**PATCH**



\$0.50

**GUM**



\$0.50

**LOZENGE**



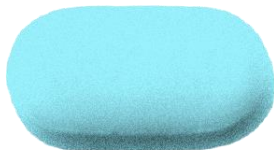
\$50-\$400

**INHALER**



\$0.50

**NASAL SPRAY**



Varies by  
plan and  
tier

**VARENICLINE**



Varies by  
plan and  
tier

**BUPROPION**

# COST AND ACCESS

- Especially with the cost of healthcare for chronic conditions, over time, quitting smoking is still less expensive than smoking.
- Tobacco users have access to free and reduced-cost resources:
  - ✓ Health plans
  - ✓ Quitlines
  - ✓ Discount coupons
  - ✓ Generic versions of medications



## ■ NICOTINE PATCH

- Delivers a continuous supply of nicotine all day
- Slow-release product
- Typically in 21 mg, 14 mg, and 7 mg;  
1 mg equates to 1 cigarette
- Typically used for 8 to 12 weeks
- Place above the waist, preferably on the chest, back, shoulder, or upper arm
- Apply to clean, smooth skin in the morning



## ■ NICOTINE GUM

- Use as needed; should last about 20 to 30 minutes
- Fast-acting product
- Typically in 4 mg or 2 mg;  
much thicker than typical chewing gum
- Typically used for 8 to 12 weeks;  
but should be weaned after 4 to 6 weeks
- Chew a few times, then park it along the cheek;  
nicotine will be released and slowly absorbed
- Use 1 piece per hour at the 4 mg level



## ■ NICOTINE LOZENGE

- Use as needed; should last about 20 to 30 minutes
- Fast-acting product
- Typically in 4 mg or 2 mg;  
has 25% more nicotine than gum
- Typically used for 8 to 12 weeks;  
but should be weaned after 4 to 6 weeks
- Dissolve slowly in the mouth
- 4 mg for smokers who smoke immediately upon waking;  
recommended not to use more than 20 lozenges a day



## ■ NICOTINE INHALER

- Use as needed throughout the day; mimics a cigarette
- A typical cartridge equates to 2 cigarettes; about 6 to 16 cartridges can be used per day
- Typically used for up to 6 months; but should be weaned after 4 to 6 weeks
- Puff gently, up to 80 puffs per cartridge
- Requires a prescription





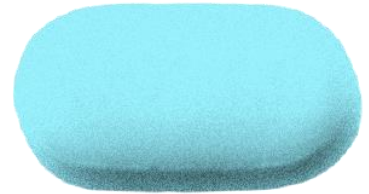
## ■ NICOTINE NASAL SPRAY

- Use as needed throughout the day
- Use 1 to 2 sprays in each nostril per hour; nicotine gets into the system very fast
- 1 dose equates to 1 spray per nostril; maximum 40 doses per day = pack of cigarettes
- Typically used for up to 6 months; but should be weaned after 4 to 6 weeks
- Pump the bottle, then tilt head back and spray
- Requires a prescription



## ■ VARENICLINE

- Non-nicotine pill form of smoking cessation
- Reduces cravings by fooling receptors in the brain
- Start 1 week before quit-date
- 0.5 mg a day for three days; then 0.5 mg twice daily (AM and PM) for four days; then 1 mg twice a day
- Take after eating and with water; never double dose
- Typically used for 6 months
- Requires a prescription



## ■ BUPROPION

- Non-nicotine pill form of smoking cessation
- Also doubles as an anti-depressant
- Start 1 to 2 weeks before quit-date
- 150 mg per day for three days, then twice daily; or take 300 mg once a day
- Never double dose
- Typically used for 3 to 6 months
- Requires a prescription



# POSSIBLE SIDE EFFECTS

## ■ NICOTINE PATCH

- Rash / skin reaction
  - *Be sure to rotate location daily*
  - *Press and hold firmly for 10 seconds when applying; avoid moisturizers*
- Insomnia or vivid dreams
- Mild headache
- Overall, side effects tend to be minimal and not severe



# POSSIBLE SIDE EFFECTS

## ■ NICOTINE GUM

- Hiccups
- Dizziness
- Indigestion
- Heartburn
- Mouth irritation
- Sore jaw / throat
- Overall, side effects tend to be minimal and not severe



# POSSIBLE SIDE EFFECTS

## ■ NICOTINE LOZENGE

- Indigestion
- Heartburn
- Diarrhea
- Mouth and throat irritation
- Sore jaw
- Possible hiccups
- Do not eat or drink for 15 to 30 minutes prior to use or during use; do not chew, break, or crush it
- Side effects are still generally rare/minimal



# POSSIBLE SIDE EFFECTS

## ■ NICOTINE INHALER

- Irritation of throat and nasal passages
- Coughing
- Inflammation of mouth and lips
- Side effects are typically rare/minimal and generally caused by inappropriate use



# POSSIBLE SIDE EFFECTS

## ■ NICOTINE NASAL SPRAY

- Sneezing
- Cough
- Teary eyes
- Nasal irritation
- Not recommended for those with chronic nasal disease (nasal polyps, sinusitis)
- Wait 2 to 3 minutes before blowing nose

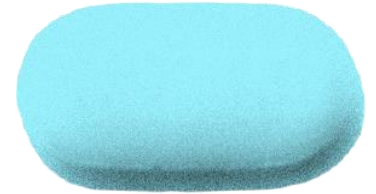




# POSSIBLE SIDE EFFECTS

## ■ VARENICLINE

- Nicotine toxicity
- Nausea
- Jitteriness
- Insomnia or vivid dreams
- Possible negative interaction with psychiatric medications
- *Contraindication: hypersensitivity / skin reactions*
- *OASAS: Proven to be safe and without serious adverse events or exacerbation of psychiatric symptoms, both in general and for patients with severe mental illness*



# POSSIBLE SIDE EFFECTS

## ■ BUPROPION

- Possible negative interaction with psychiatric medications
- Anxiety or mood changes
- Headaches
- Dry mouth
- Insomnia or vivid dreams
  - *Take the PM dose earlier in the evening*
- Be sure to monitor blood pressure
- *Contraindications: seizure disorder, eating disorder, alcohol dependence, head trauma*



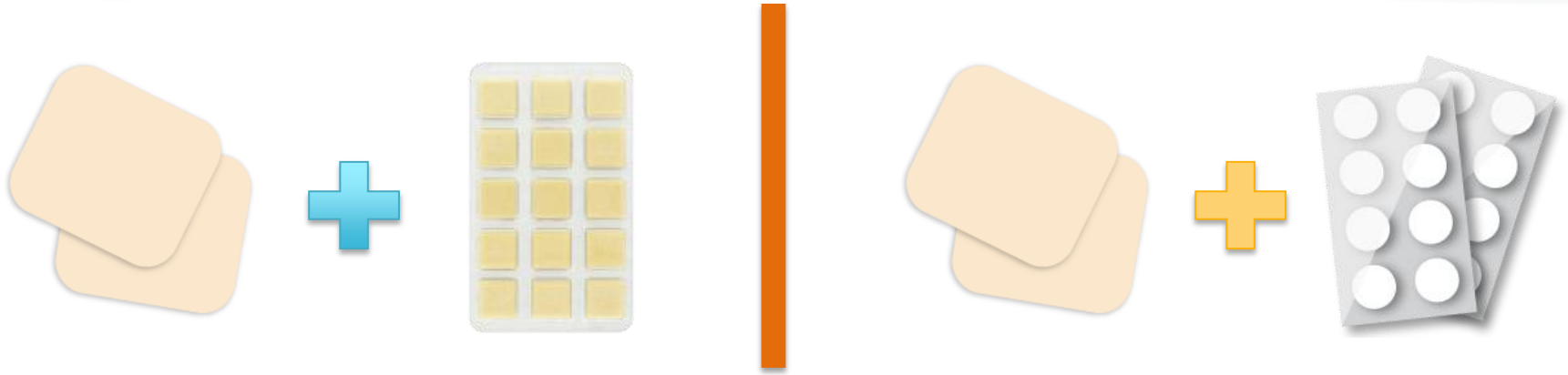
# POSSIBLE SIDE EFFECTS

## ■ CONTRAINDICATIONS

- Heart attack within two weeks
- Unstable angina
- Serious cardiac arrhythmia



# COMBINATION THERAPY



Most research studies show combination therapy can double the odds\* for helping a tobacco user quit, compared to using just one NRT product!

\* Rigotti, Nancy A MD. "Pharmacotherapy for smoking cessation in adults."  
[UpToDate](#). 22 December 2017. Web. 21 February 2019.

# ELECTRONIC REFERRAL TO THE QUITLINE

- Type **smoking** in the order box
- Ordering should take 6 seconds or less
  - Consent box is already checked, just 'Alt-A' it
- The patient's phone number and name are automatically sent to the Quitline (*will be called in 2-3 days*)
- No additional steps by your clinic team are necessary.
- Line added automatically to the AVS: 'You were referred to NYSSQL'

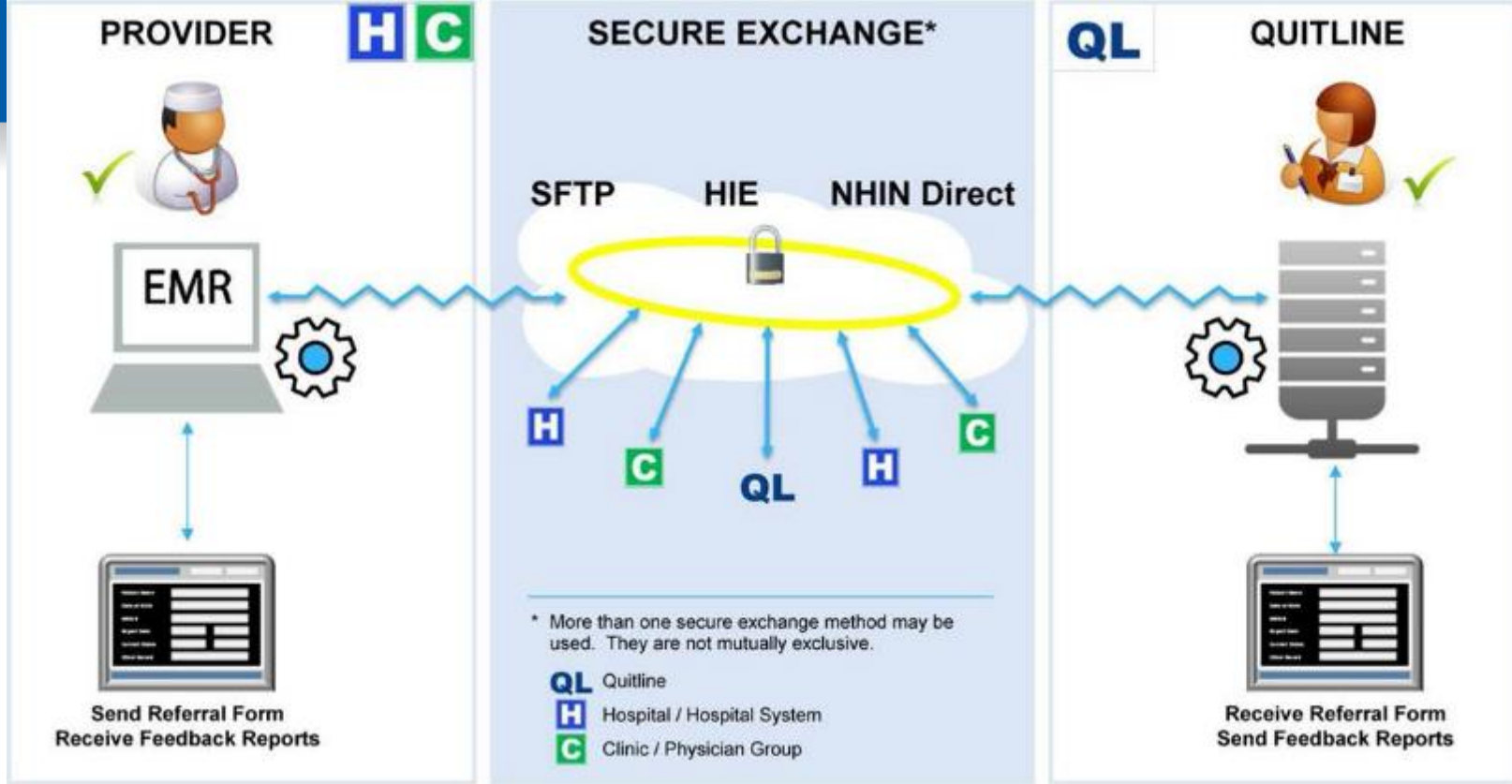
AMB NY QUILTS ENROLLMENT ⚙️ ☆ Remove

🔗 Order details

Mark All Taking  Mark as Reviewed Last Reviewed by Family Medicine, Physician on 2/23/2017 at 2:21 PM

Rx Pharmacy: URM SPECIALTY PHARMACY - ROCHESTER, NY - 601 ELMWOOD AVE, ROOM 2-5425 📞 585-273-4767 📄 Order Entry

👤 Associate Edit Multiple Providers ✔️ Sign Pend



**Personalized Feedback**

# REFERRAL TYPE

- ‘Connecting’ patients to Quitline is key
- ‘Passive’ referral is less effective
- 7.8% of all identified smokers enrolled in treatment versus 0.6% in AAR

Vidrine, J. I., (2013). *JAMA Internal Medicine*, 173(6), 458-464.

# URMC SMOKING CESSATION RESOURCES

- Healthy Living Center: Geoffrey Williams MD/PhD
- Wilmot Cancer Center: Chunkit Fung MD
- Inpatient smoking cessation: John Grable MD/PhD
- Research team:  
Scott McIntosh PhD, Deborah Ossip PhD, et al.

The screenshot shows a software interface with a search bar containing the word "SMOKING". Below the search bar are several filter options: "During visit", "After visit", "Clinic-Administered Medications", "Medications", "Procedures", "Order Panels", and "Split". The main area displays a table with the following data:

	Code	Name	Type	Formulary	Copay	Coverage	Type
	2101291	AMB NY QUILTS ENROLLMENT (SMOKING)	ANCILLAR				
	REF171	AMB REF TO HEALTHY LIVING (SMOKING CESSATION)	Output Rel				
	REF100	AMB REF TO ONCOLOGY SMOKING CESSATION	Output Rel				

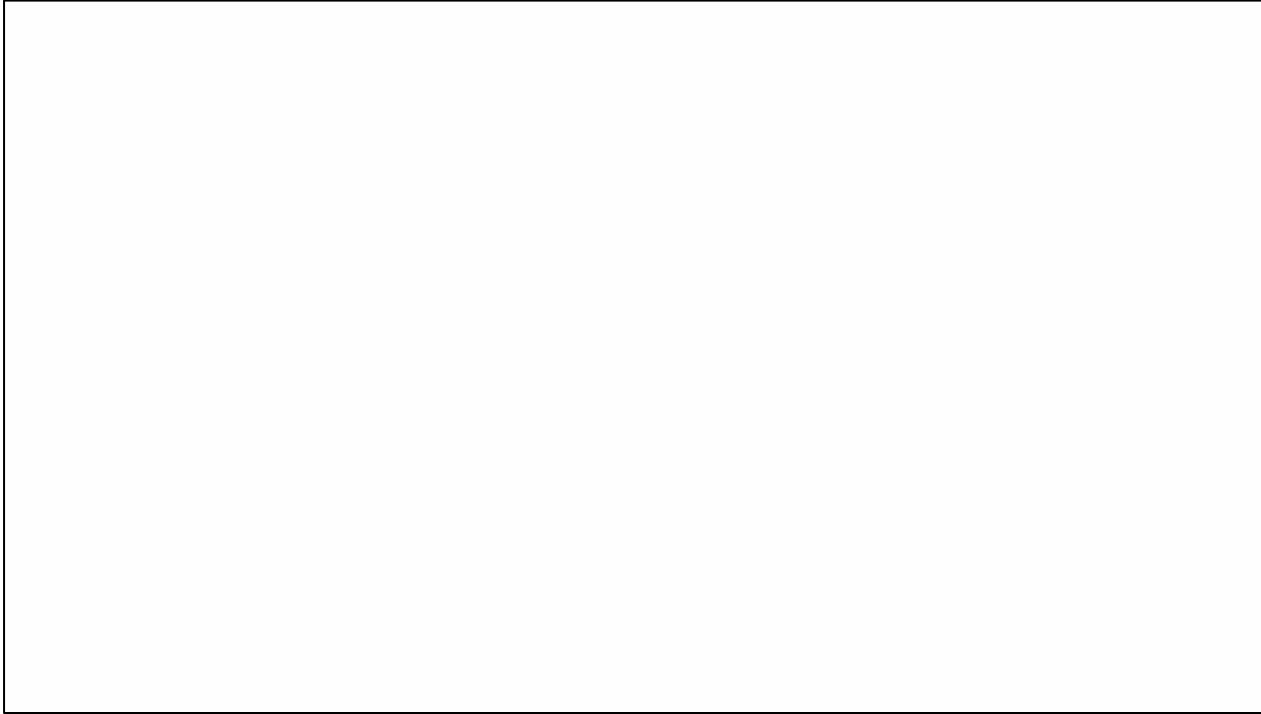


# A NOTE ON ENDS

- Electronic nicotine delivery systems (ENDS) are not FDA-approved for smoking cessation
- Fewer toxins ≠ Safe
- Reserved as last resort for ‘switching’
- Inflammatory and immune effects in cells
  - Lung, Heart, Vessels
- Short/Long term effects being studied



# MOCK CALL



# QUESTIONS?



# CONTACT US ANYTIME!

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A wide-angle photograph of the Roswell Park Comprehensive Cancer Center. The main building is a large, multi-story structure with a prominent curved section, finished in a reddish-brown brick with horizontal bands of windows. The name "ROSWELL PARK" is visible on the upper part of the building. In the foreground, there is a well-maintained green lawn with several wooden benches and young trees. A paved walkway curves through the courtyard. The sky is blue with scattered white clouds. A teal and green graphic overlay is in the top right corner, and a green bar is at the bottom.

Thank  
you!

ROSWELL PARK COMPREHENSIVE CANCER CENTER