

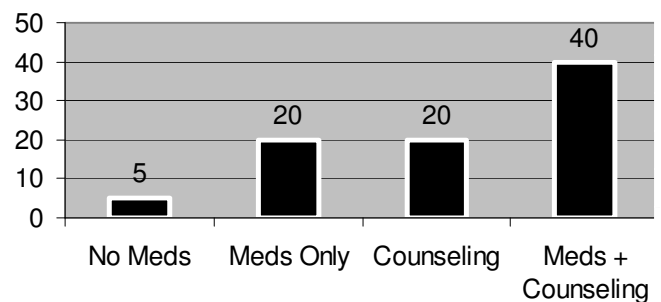


Helping People Decide which Method to Use

Choosing withdrawal treatment for people who smoke at least ten cigarettes a day. (May be appropriate for those who smoke less than 10 cigarettes a day after consulting with your doctor.)

- ❖ Using medication or counseling increases the long-term quit rate (20% each respectively).
- ❖ Using medication and counseling dramatically increases the long-term quit rate (40%).

Percent Quit 6 month



Nicotine Patch

- ◆ Covered by MediCal Fee-For-Service (FFS), Blue Cross Medi-Cal (MC), and Alameda Alliance MC - with prescription (no certificate needed).
- ◆ Easy! – Put one patch on each day for 6 – 12 weeks (remove next morning)
- ◆ Available over the counter in drug stores without a prescription (target generic Nicoderm CQ)
- ◆ Decreases withdrawal symptoms.
- ◆ Different from cigarettes – steady nicotine – not up and down.
- ◆ EXTREMELY SAFE-DOES NOT CAUSE HEART ATTACK OR CANCER-IF SMOKE KEEP ON AND GET MORE HELP TO PUT CIGARETTES DOWN. MAY NEED HIGHER DOSE
- ◆ Few reasons not to use – Contraindications:
 - Heart attack in the last 2 weeks
 - Serious heart arrhythmia
 - Worsening angina
 - Relative contraindication pregnancy or lactation
- ◆ Approximate cost per month if no coverage: \$100

Approximate cost per month:	Smoking a pack of cigarettes per day - \$160
	Smoking half of a pack of cigarettes per day - \$80

Nicotine Gum – use flavored not plain

- ◆ Covered by Blue Cross MC, and Alameda Alliance MC with prescription (no certificate needed)
- ◆ May be covered by Medi-Cal with TAR + prescription, and group or phone counseling (no certificate needed). (Have to explain why patch or Zyban won't work or why gum is needed in addition).
- ◆ Need to chew multiple pieces throughout the day the right way-chew & park x 30 min
- ◆ Involves some hand to mouth
- ◆ Available over the counter in drug stores
- ◆ Decreases withdrawal symptoms
- ◆ Different from cigarettes – There is a little boost of nicotine with each piece but it is not quite the same as cigarettes
- ◆ Few reasons not to use – Contraindications:
 - Heart attack in the last 2 weeks
 - Serious heart arrhythmia
 - Worsening angina
 - Dentures
 - Relative contraindication pregnancy or lactation
- ◆ Approximate cost per month if no coverage: \$115 – 135 (can get \$10 pack at Walmart)



Approximate cost per month:	Smoking a pack of cigarettes per day - \$160 Smoking half of a pack of cigarettes per day - \$80
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Nicotine Lozenges

- ◆ Used very much like nicotine gum but you let it dissolve. Don't chew.
- ◆ Not covered by Medi-Cal FFS unless Treatment Authorization Request (TAR) is approved. (Have to explain why Zyban, patch and gum won't work).
- ◆ Approximate cost per month if no coverage: \$180

Approximate cost per month:	Smoking a pack of cigarettes per day - \$160 Smoking half of a pack of cigarettes per day - \$80
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Zyban- Bupropion



- ◆ **Always requires a prescription from your doctor.**
- ◆ Covered by Medi-Cal FFS, Alameda Alliance MC, and Blue Cross MC - with prescription (no certificate needed).
- ◆ Easy to use! Take 1 pill a day for 3 days then one pill twice a day for 8 to 12 weeks.
- ◆ Decreases withdrawal symptoms
- ◆ Different from cigarettes- No Nicotine
- ◆ Delays and may decrease weight gain
- ◆ You start the week before you quit so you have some help even before you quit.
- ◆ May be particularly helpful for women. Very helpful for men and women with histories of major depression.
- ◆ Reasons not to use – Contraindications:
 - Having a seizure disorder, now or in the past.
 - Having had severe head trauma.
 - Having a severe eating disorder.
 - Withdrawing from alcohol or drugs at the same time.
 - Using another form – Bupropion.
 - Using an MAO inhibitor in the last 14 days.
 - Relative pregnancy or lactation.
- ◆ Approximate cost per month if no coverage: \$110 – 120

Approximate cost per month:	Smoking a pack of cigarettes per day - \$160 Smoking half of a pack of cigarettes per day - \$80
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Nicotrol Inhaler and Nicotrol Spray are two additional nicotine products that are available by prescription only. Not covered by Medi-Cal FFS or Alameda Alliance MC or Blue Cross MC, unless using a TAR.



Varenicline/Chantix is an additional pill that is a non nicotine product available by prescription. Now covered by Medi-Cal FFS. May be covered by Alameda Alliance MC or Blue Cross MC with certificate and prior authorization.

The above medications are also available at some clinics through patient assistance programs.

If you are not sure which method to use, the nicotine patch is a good method to start with. It is easy and very safe!