

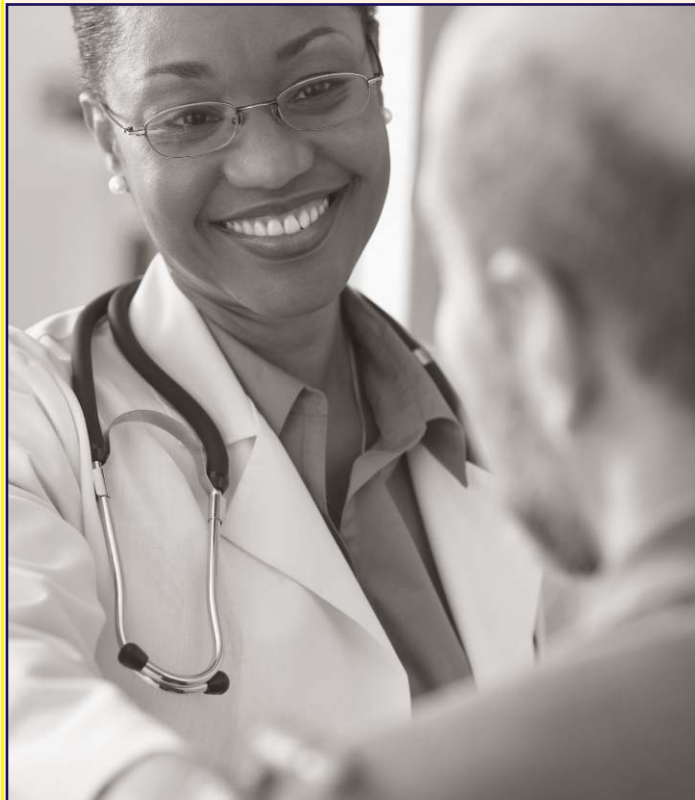
## Lesser Known Facts

We're bombarded by information about the long-term health consequences of tobacco use. Even though we've all seen more tobacco cessation failures than successes, perhaps these little tidbits can help energize you to persist in your efforts to get your patients to quit.

- Over 70% of tobacco users want to quit.
- There's a 5% success rate with brief cessation counseling when used with medications and 2.4% without. However, the effectiveness of repeated interventions over the lifetime of smokers is 23.1%.
- Repeated clinical tobacco-cessation counseling is one of the most important and cost-effective preventive services that can be provided in medical practice.
- Decreasing the smoking rate to 15% by 2023, instead of the 19% predicted by current trends, would offer \$31.4 billion in savings on pulmonary conditions due to smoking and an increase in productivity of \$79 billion.
- While about 30% of the general public smoke, about 80% of persons with schizophrenia are smokers, and many are heavy smokers. Smoking decreases the blood level of some antipsychotic medicines up to 40%. This means that smokers will not get the full benefit of the medicines, which can lead to prescribing higher doses.

- Between 1974 and 2008, the percentage of adults who smoked <15 cigarettes per day increased by 74.4%. In comparison, over this time-period, the percentage of heavy smokers (i.e., smoked >24 cigarettes per day) decreased by 60.5%. It's no secret that even light smokers suffer tobacco's health impact.
- In 2008, Illinois ranked #11 at 21.3% in smoking prevalence rates compared to other states. Let's move that number down! Keep on asking and acting to help your patients quit!

**Source:** U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.



## Not Just Long Term but Fast Health Improvements

Here are some talking points when discussing smoking cessation with your patients:

- Within 24 hours blood oxygen levels increase and carbon monoxide levels drop to normal levels
- Anxiety peaks at 24 hours and returns to baseline levels within 2 weeks (if not using nicotine replacement therapy)
- Symptoms of chemical withdrawal peak at 72 hours (if not using nicotine replacement therapy)
- Within 2 weeks to 3 months, MI risk starts to drop and lung function starts to improve
- Within 1-9 months coughing and shortness of breath improve
- At 1-9 months lung cilia function improves thereby decreasing risk of respiratory infections
- Within 1 year, the risk of MI decreases to half that of a smoker

### Sources:

- Milken Institute. An Unhealthy America: The Economic Burden of Chronic Disease, October 2007
- Centers for Disease Control and Prevention. Cigarette Smoking Among Adults – United States, 2006. Morbidity and Mortality Weekly Report. November 9, 2007
- Centers for Disease Control and Prevention. National Center for Health Statistics. National Health Interview Survey, 1974-2008



## Refer Your Patients

### Medications covered by HFS

The following tobacco cessation medications are all covered by the Department of Healthcare and Family Services and do not require prior approval:

- Nicotine gum, patches and lozenges
- Bupropion
- Varenicline

The suggested duration of therapy for most tobacco cessation medications is up to 12 weeks. If a prescription is required for longer duration, prior approval may be needed.

### Illinois Tobacco Quitline

1-866-QUIT-YES (1-866-784-8937)

Free of Charge

Available 7 a.m. to 9 p.m., Mon – Fri

### Freedom From Smoking Online

The American Lung Association has a free online service called Freedom From Smoking Online to which you can refer your patients: [www.ffsonline.org/](http://www.ffsonline.org/)

**Your Healthcare Plus** eligible patients can be further assisted by referring them to the program. Simply call 1-800-973-6792.



## Improve Your Practice's Approach to Tobacco Cessation

### Ask and Act

The American Academy of Family Physicians has a free program called Ask and Act. At the web address: [www.aafp.org/online/en/home/clinical/publichealth/tobacco.html](http://www.aafp.org/online/en/home/clinical/publichealth/tobacco.html) you can discover new strategies for tobacco cessation such as: *Become a Tobacco Aware Practice: Using an Organizational and Team-Based Approach*

### Free CME

Also look for free CME at [www.yhplus.com](http://www.yhplus.com). Educational modules address clinical management as well as quality improvement strategies, including:

- COPD
- CHF
- Depression
- Coronary Artery Disease
- Asthma
- Diabetes
- Quality Improvement

# Tobacco Cessation: Some Lesser Known Facts



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ILPSC0610 5000