

AU InforMed

Volume 3 Number 30 (Issue 93)

Thursday, November 17, 2005

Guest Editors: M. Michelle Ducharme, Pharm.D., Audrey Davie, Pharm.D. Candidate and John Kemp, Pharm.D. Candidate



Key Inforbits

- Great American Smokeout
- Local help to quit
- Fun, Facts and Figures about smoking
- Immediate benefits of quitting
- A couple of extensive surveys
- Web sites to help



The Great American Smokeout November 17, 2005



To encourage smokers to stop smoking, the American Cancer Society created the Great American Smokeout in 1977. The national event takes place on the third Thursday of each year. The hope is that if smokers quit for a 24-hour period they will be able to stop smoking permanently. Although 7 out of 10 smokers state a desire to quit smoking, almost 21 % of the U.S. adult population continues to smoke. The central strategy of the event is the use of a telephone quit line (800-QUIT-NOW) that enables counselors to speak directly to individual smokers about effective methods for smoking cessation. For further information about the Great American Smokeout, call 800-227-2345, or visit <http://smokefree.gov>.

CDC. Great American Smokeout – November 17, 2005. *MMWR* 2005;54:1121.

Also available online: <http://www.cdc.gov/mmwr/>



Want to Quit Smoking? Here is local help.

The Auburn University Pharmaceutical Care Center's (AUPCC) "Pack It Up" smoking cessation program can help! Pharmacists will work with you to evaluate your readiness to change and develop a plan of action for quitting. Call or email to set up an appointment: (334) 844-4099 or aupcc4u@auburn.edu



History of the Great American Smokeout

The Great American Smokeout began in 1971 when a Massachusetts man, Arthur Mullaney, asked his neighbors to give up cigarettes for one day and donate the money they would have spent on cigarettes to a local organization. The idea spread quickly across the US. On November 18, 1976, the California Division of the American Cancer Society persuaded nearly one million of the state's 5 million smokers to quit for 24 hours. The next year, the American Cancer Society

held the first Great American Smokeout. The event has now become an annual tradition held on the third Thursday of November.

"When the event began, smoking was accepted as the cultural norm," said Dr. Dileep G. Bal, former national president of the American Cancer Society, which has continued to sponsor the event. "Now smoking is seen for what it actually is - a killer of nearly a million Americans each year."

<http://www.quitsmokingsupport.com/americansmokeout.htm>

Adult Cigarette Smoking in the United States - 2004

One of the national health objectives for 2010 is to reduce the prevalence of cigarette smoking among adults to 12% or less. According to a 2004 survey, approximately 21% of U.S. adults are smokers. This is lower than the 21.6% prevalence in 2003 and is significantly lower than the 22.5% prevalence in 2002, but we have a long way to go. In 2004 survey, over 31,000 U.S. adults were questioned regarding smoking behavior. The results indicated that approximately 44.5 million of U.S. adults were current smokers; of these, 36.1 million smoked every day and 8.3 million smoked occasionally. Among the estimated 90.2 million total smokers, 45.6 million were former smokers. Persons aged ≥ 65 years had the lowest prevalence of current cigarette smoking (8.8%) among all adults. Although cigarette smoking continues to decrease, the rate of decrease in cigarette smoking is insufficient to meet the national health objective for 2010. The number of cigarettes smoked by daily smokers and the proportion of adults who are heavy smokers both declined during the past 11 years. Smoking cessation has well demonstrated health benefits. A recent study reported that smokers who reduced their smoking by 50% may reduce their lung cancer risk by as much as 25%. The risk for lung cancer continues to decline in persons who quit smoking completely.

CDC. Great American Smokeout – November 17, 2005. *MMWR* 2005;54:1121-1124.

Health Benefits of Quitting Begin Almost Immediately...

- Within 20 minutes after quitting, blood pressure drops almost to where it was prior to the last cigarette; hands and feet will warm to normal temperature
- Carbon monoxide levels in the blood drop back to normal levels 8 hours after the last cigarette
- Chance of a heart attack decreases 24 hours after quitting
- Circulation improves and lung function improves up to 30% within 3 months after quitting
- One year after quitting the extra risk of coronary disease is half that of a person who smokes

American Cancer Society. Guide for quitting smoking. Available from : http://www.cancer.org/docroot/PED/content/PED_10_13X_Quitting_Smoking.asp. Accessed November 17, 2005.

A couple of earlier surveys ...

but, smoking is bad for you ... in case you forgot ... The new “Annual Smoking-Attributable Mortality” report is published and hasn’t improved much. Smoking harms nearly every organ of the body, causing many diseases and reducing quality of life and life expectancy. This report assesses the health consequences and productivity losses attributable to smoking in the United

States during 1997-2001. Cigarette smoking and exposure to tobacco smoke results in approximately \$92 billion in productivity losses annually. For more details see the web site. CDC. Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses-United States, 1997-2001. *Morbidity and Mortality Weekly Report (MMWR)* 2005 Jul 1;54(25):625-28. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5425a1.htm>

Smoking down ... According to the CDC, the proportion of female smokers in the U.S. dropped to below 20% for the first time in almost 30 years; the overall rate of U.S. smokers also continued to decline. About 21.6% of adults smoked in 2003, the lowest rate in the past two years. Slightly more than 24% of men and 19.2% of women smoked in 2003. The CDC survey found other changes in U.S. smoking behavior, including that 2003 had the lowest proportion (23.9%) of smokers ages 18 to 24 since 1991. Despite the decline, the U.S. is still far from its 2010 goal of having only 12.5% adults smoke.

CDC. Cigarette smoking among adults – United States, 2003. *MMWR* 2005 May 27;54(20):509-13. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5420a3.htm>



Reviews of Note ...

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If you really want to quit... there are many organizations with information and resources to help:

American Cancer Society
1-800-ACS-2345

www.cancer.org

American Heart Association
1-800-242-1793

www.amhrt.org

American Lung Association
1-800-586-4872

<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=22542>

Smokefree.gov

www.smokefree.gov

Nicotine Anonymous
1-800-TRY-NICA

www.nicotine-anonymous.org

National Cancer Institute
1-800-4-CANCER

www.cancer.gov

Office on Smoking & Health
Centers for Disease Control and Prevention
1-770-448-5705

www.cdc.gov/tobacco

Smoking is hateful to the nose, harmful to the brain, and dangerous to the lungs.

King James I [1566-1625]

An electronic bulletin of drug and health-related news highlights, a service of ...

Auburn University, Harrison School of Pharmacy, Drug Information Center

• Phone 334-844-4400 • Fax 334-844-8366 • <http://www.pharmacy.auburn.edu/dilrc/dilrc.htm>

Bernie R. Olin, Pharm.D., Director