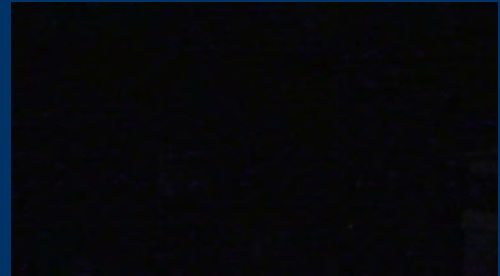


THE CENTER FOR
THE STUDY OF
TOBACCO AND SOCIETY



***Approaching the Patient
Who Smokes:***

*The Family Physician's Role in Successful
Smoking Cessation and Relapse Prevention*

ALAN BLUM, MD

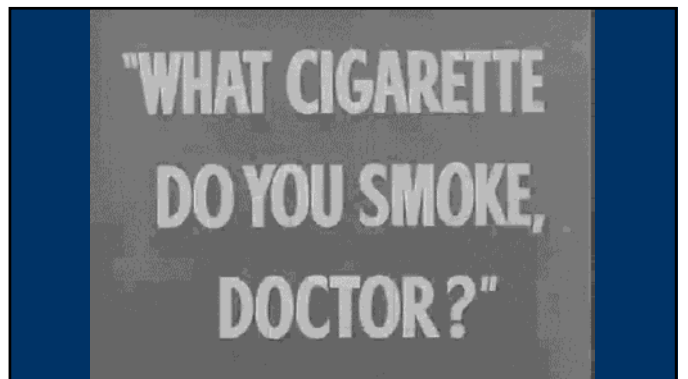
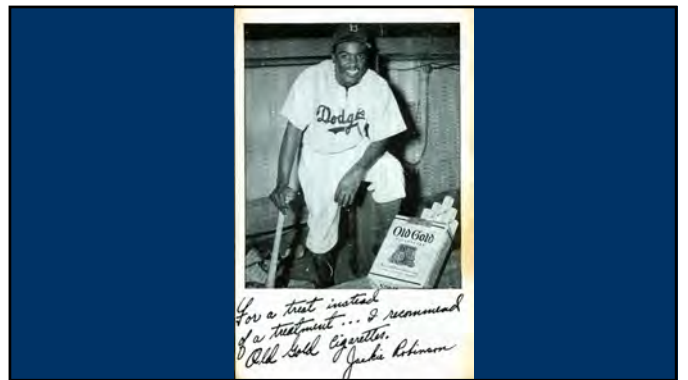
*Gerald Leon Wallace, MD Endowed Chair in Family Medicine
Director, The Center for the Study of Tobacco and Society
University of Alabama School of Medicine*

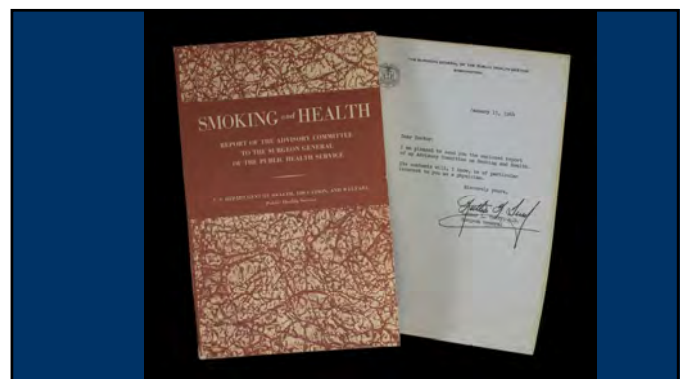
Academic Afternoon September 10, 2019

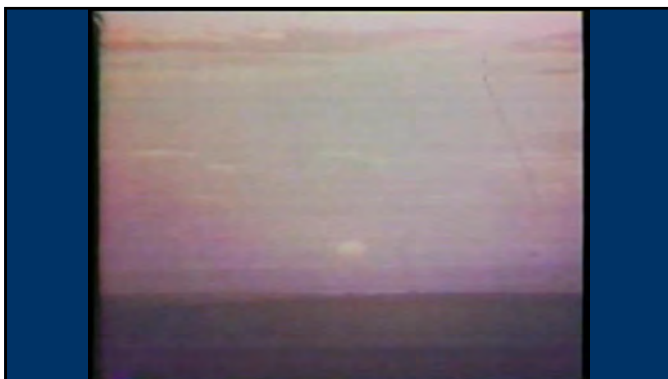
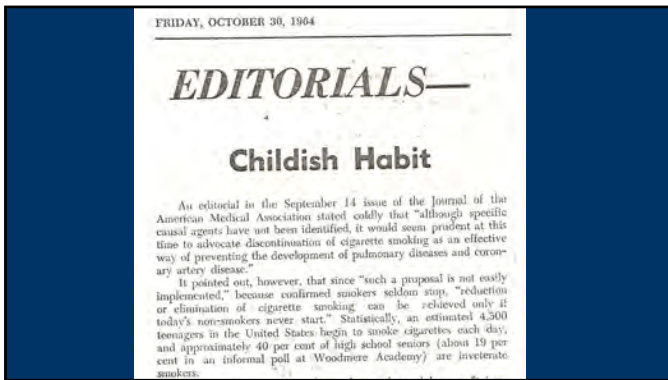
SMOKING IN PERSPECTIVE

- Kills more than 480,000 Americans per year
- Causes 1 in every 5 deaths in U.S.
- Causes lung and other cancers, COPD, stroke, and heart disease
- Contributes to complications of pregnancy
- Adversely affects fetal and child health
- Causes addiction that warrants treatment
- Adds billions of dollars to health costs









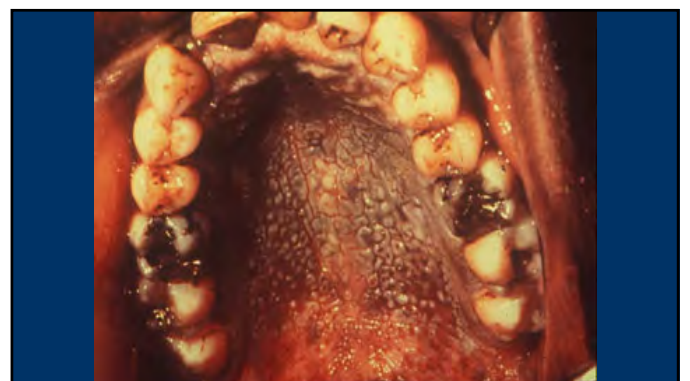


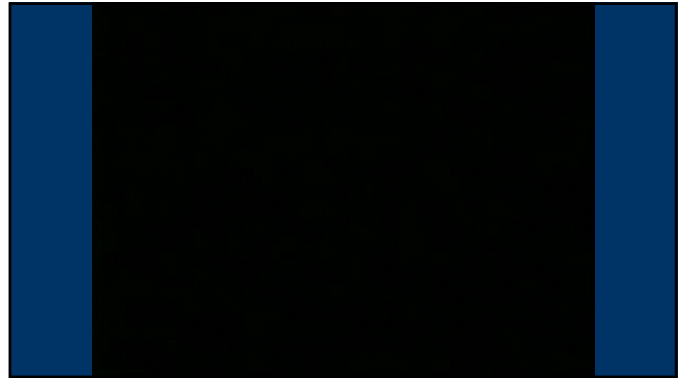
SHIFTING THE FOCUS

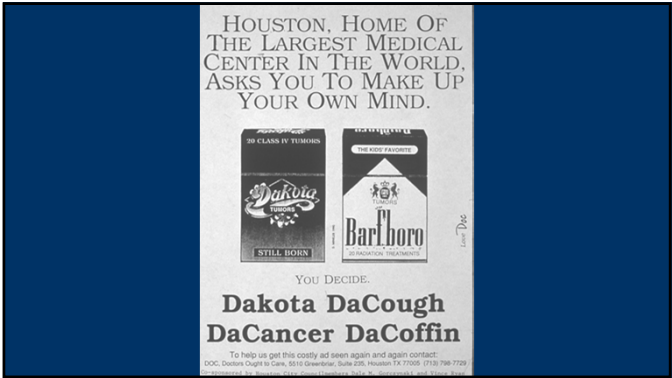
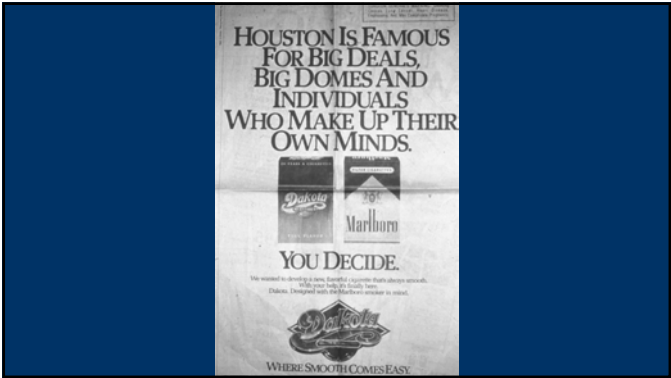
Substance	➔	Product
Effects	➔	Promotion
User	➔	Pusher

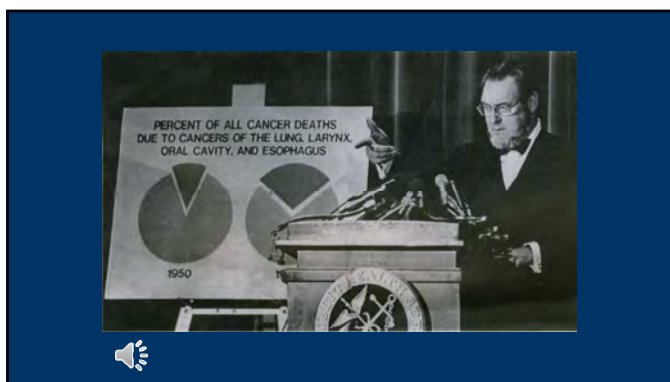
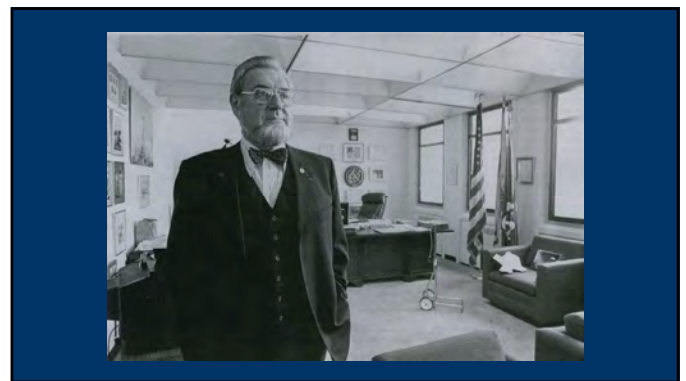












DEATHS FROM CIGARETTE SMOKING IN U.S. SINCE 1964

20,000,000

ADULT CIGARETTE SMOKING PREVALENCE, 2017

United States:	14.0%
Alabama:	20.9%

SMOKING DEATHS, 2016

United States:	480,317
Alabama:	8,600

MOTOR VEHICLE DEATHS, 2017

United States: 37,133
Alabama: 948

"TOBACCO CONTROL"

- Increase taxes
- Raise purchasing age
- Ban indoor smoking
- Ban ads
- Anti-smoking ads
- Quitlines
- Lawsuits
- FDA regulation

44 FRIDAY, FEBRUARY 14, 2008 THE TUSCALOOSA NEWS

NATION

States pinched from loss of smokers

By Mariaga Lohs
The Associated Press

BLOOMINGTON, Minn. — If you're a smoker, you're a tax payer. And you're a tax payer, you're a tax payer. More than 2,100 Maricopa County residents are smokers. And more than 2,100 Maricopa County residents are smokers. And more than 2,100 Maricopa County residents are smokers.

"It does add up," said Hensel, 52. "You don't think about it when you're smoking so much."

The state of Minnesota has been doing the math, too, and isn't alone in doing so. Because of smokers like Hensel, Minnesota's tobacco tax revenue is expected to go into a gradual slide over the next few years — a drop that may grow steeper with the expected passage of a statewide smoking ban.

Across the country, states are putting their treasuries under pressure by adjusting smoking restrictions as well as higher cigarette taxes, which appear to be discouraging people from taking up, or even keeping, the habit.

State Sen. David Thomsen, a longtime lawmaker, said he was worried about the tax dollars that would be lost if the state's smoking ban passed.

The current state of cigarette taxes

Taxes on cigarettes vary greatly from state to state. Smokers in some states pay more than \$2 compared to just 7 cents in South Carolina.

Four-pack tax by state, as of Dec. 31, 2006.

According to the American Lung Association, states that have a low tax rate have a higher rate of smoking. In many cases, lawmakers did so with a combination of motives to raise revenue at least in the short term, and to discourage smoking by making the habit more expensive.

Minnesota slipped an extra 75-cent charge on a pack of cigarettes because of budget problems two years ago. The state expects to collect about \$45 million from smokers this year but is projecting a drop of about 1 percent a year, or \$4 million a year, to \$41 million in 2010 — and that is if the state even takes into account the potential effect of a statewide smoking ban.

California has banned smoking in bars and restaurants in 1997 and raised its cigarette tax to 50 cents a pack in 1999. Tobacco revenue, however, the state's largest source of funds, is down off at about \$1 billion a year in the past few years, thanks to crackdowns on counterfeit cigarettes, said Andy Gore, spokeswoman for California's Board of Equalization.

Hensel, a security company supervisor, kicked the smoke habit after 20 years out of the workforce and smoking.

Cigarette taxes are now "a lousy way to fund your government. The government is not letting you smoke anywhere."

David Brunori, teaches courses on tax policy at George Washington University.

It is a study backed by the tobacco industry, which says it has found a way to fund your government, said David Brunori, who

Survey: Medical schools fail to teach smoking cessation

By CHRISTINE B. NEEDHAM
Health and Fitness News Service

The war against smoking may have caught fire in public debate over the past 10 years in the United States but it hasn't yet reached the medical schools that train doctors.

A new survey of all 126 U.S. medical schools finds there is a decided lack of adequate smoking cessation training and instruction for medical students.

Based on their findings, the survey's authors are urging the de-

ment of their curriculum on both basic tobacco education and intervention skills for dealing with patients with tobacco dependence. The survey included 12 tobacco content areas recommended by the National Cancer Institute and Agency for Health Care Policy and Research.

Surveys were returned by almost all of the associate deans — 122 or 98.5 percent.

Some feedback:

- Only 4.4 percent of the schools included the recommended topics in their third and fourth years of medical schools.
- No clinical training in smoking cessation techniques were required at 69.2 percent of the schools who replied.
- Only 23.5 percent offered additional training in smoking cessation in elective courses.

The survey appeared in a special issue of *The Journal of the American Medical Association* dealing with medical education.

SMOKING CESSATION

- 37.8 million smoke
- 77% want to stop
- 40% try each year
- 5% succeed

MARKERS OF ADDICTION

- >20 cigarettes /day
- Smoke upon awakening
- Psychiatric condition
- Alcohol dependence

PATIENTS WHO SMOKE

- No advice from MD: 50%
- Tobacco-related deaths: 50%

REASONS PHYSICIANS DON'T ADVISE PATIENTS ON SMOKING CESSATION

- Patient sensitivity
- Time constraints
- Little or no reimbursement
- Lack of self-efficacy
- A role for ancillary personnel

MEDICAL APPROACH

- “How much do you smoke?”
- “How long have you smoked?”



CONSUMER ADVOCATE APPROACH

- “What brand do you buy?”
- “How much do you spend?”



KEYS TO SMOKING CESSATION

- Individualize
- Personalize
- Demythologize
- Contextualize

SMOKING'S MYTHS

- Relieves stress
- Keeps weight down
- Low-tar, filters, are safer

THE PRODUCT

- Filter
- Low tar
- Lights
- Menthol



MOTIVATORS

- Fear
- Humor
- Anger

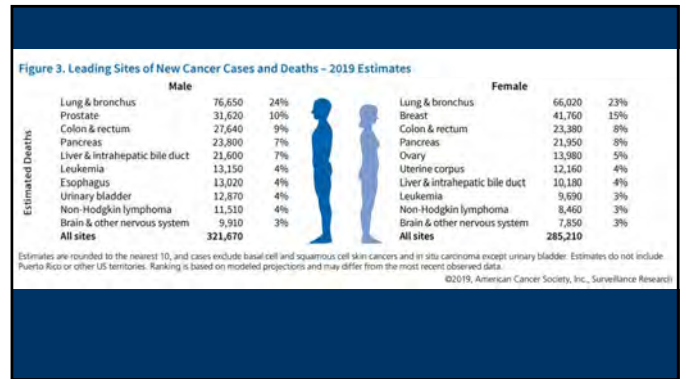
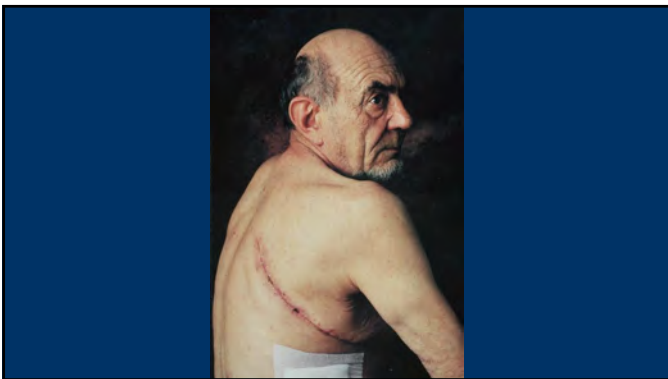
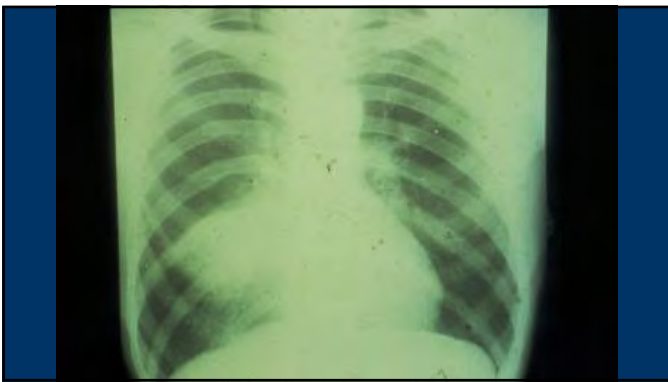


Figure 1. Trends in Age-adjusted Cancer Death Rates* by Site, Males, US, 1930-2016

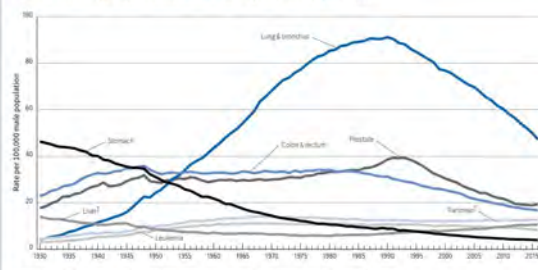
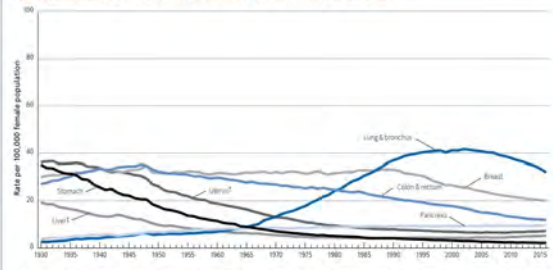
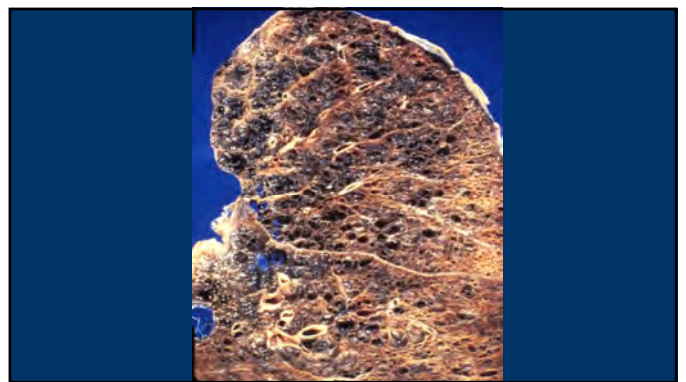


Figure 2. Trends in Age-adjusted Cancer Death Rates* by Site, Females, US, 1930-2016



SMOKING AND CANCER

- Mouth and pharynx
- Larynx and lung
- Esophagus, stomach, and colon
- Pancreas and liver
- Kidney and bladder



COPD

- 5% of US population
- 80% caused by smoking
- 4th leading cause of death



MARLBORO'S MYOCARDIAL MAYHEM

- ↑ oxygen demand
- ↓ angina threshold
- ↓ exercise performance
- ↑ recurrent infarction

CAMEL'S CORONARY CONSEQUENCES

- Adverse lipid profile
- Altered hematologic factors
- Direct arterial wall effects
- Elevated blood pressure

DIABETES

3x Cardiovascular Mortality

SMOKING + DIABETES

11x Cardiovascular Mortality

SMOKING WORSENS...

- Asthma
- Buerger's disease
- Macular degeneration
- Periodontal disease
- Peptic ulcer disease
- Osteoporosis
- Degenerative disc disease

10 PAIN DECEMBER 1, 2014 • FAMILY PRACTICE NEWS

Smokers must quit to ease lower back pain

BY DEBRA GYTHIN
LATEST HEALTHY LIVING TIPS

NATIONAL HAZARD, MD - Studies comparing treatments and surgical options to mitigate lower back pain; physicians should counsel affected patients that quitting smoking is a more effective and considerably more affordable means of finding relief.

In the annual meeting of the American Academy of Pain Medicine, Dr. Brian White spoke at length about the debilitating effects of both smoking and weight on bone and muscle gain, and how the key to alleviating that pain is to quit and the best way to quit.

"When we think of musculoskeletal conditions associated with smoking, we don't think of musculoskeletal issues, but they are strongly associated with smoking," explained Dr. White, an interventional physician with the Robert Wood Johnson Medical Center in Camden, N.J.

Dr. White began by talking about the effects of smoking, extensively using a 2010 study that examined the pathophysiology between smoking and pain. Findings indicated that long-term smoking causes nociceptive desensitization, causing the perception to smokers that a relatively small amount of pain is severe (Anesthesiology 2010;112:1077-82).

Furthermore, smoking depresses - either caused by a longer time interval amount of time between periods of steady or stronger in spot - causes patients to have shorter pain history (physical damage caused by smoking was linked to increased risk of osteoporosis, limiting disk disease, and repeated bone and spinal healing, along with impaired oxygen delivery to the spine) concluded by the 2010 study.

Second, other studies confirm these findings, said Dr. White, including a year-long study that smoking is associated with higher lifetime risk of musculoskeletal pain (Ann Rheum Dis 2009;18:1113-16), as well as higher intensity of pain (Spine J 2009;19:1311-16).

Additionally, smoking also affects the effectiveness of opioids providing for pain management. "Smokers have higher pain scores and higher opioid use, but lower mean follow-up time," he said. "This may suggest an up-regulation of the nociceptive pathway for analgesia."

Regarding lower back pain, smoking has been linked to more musculoskeletal pain (depression), according to a 2011 study (Muscle Ligaments Tissues 2011;23:124-30). A separate study also found a link for smokers developing lower back pain as well as for those already "suffering" (J 2010;19:1311-16).

The most telling study here, says a 2012 prospective review of 5,312 patients, who found that patients who quit smoking experienced significantly less pain than those who did, and that patients who quit smoking even the course of their pain management treatment experienced fewer outcomes, than patients who continued smoking (J Bone Joint Surg Am 2012;94:2121-2126).

"To a group of those who continued to smoke during treatment had no clinically important improvement in pain," reported Dr. White.

Dr. White did not report any relevant financial disclosures.

bit.ly/133333333



EFFECTS ON FERTILITY

Gonadotropins	Sperm Motility/morphology
Androgen/Estrogens	Ovulatory Cyclicity
Spermato/Oogenesis	Fertilization
Embryogenesis	Implantation

POSTOPERATIVE OUTCOMES

- ↑ wound healing
- ↓ cardiac morbidity
- ↓ respiratory morbidity

BENEFITS OF STOPPING

- 1 day: ↓ Myocardial infarction risk
- 1 year: ↓ Stroke risk 50%
- 10 years: Stroke risk of non-smoker
- 15 years: CHD risk of non-smoker

COSMETIC BENEFITS

- Fresher breath, clothing
- Whiter teeth, nails
- Endurance

MONEY WASTED

Number of packs/day
x cost/pack
x 365 days/year
x number of years smoking =
Total cash lost (plus interest)



HITS TO THE HEART

Number of cigarettes/day
x 10 inhalations/cigarette
x 365 days/year
x number of years smoking =
Total hits to the heart and lungs

BEHAVIOR MODIFICATION

- Avoid situations
- Use oral substitutes
- Do Relaxation Response:
 - Postpone
 - Inhale
 - Reconsider

METHODS FOR STOPPING

- Cold turkey
- Medication
- Counseling, quitlines, classes
- Hypnosis, acupuncture, herbs

ADJUNCTIVE THERAPY

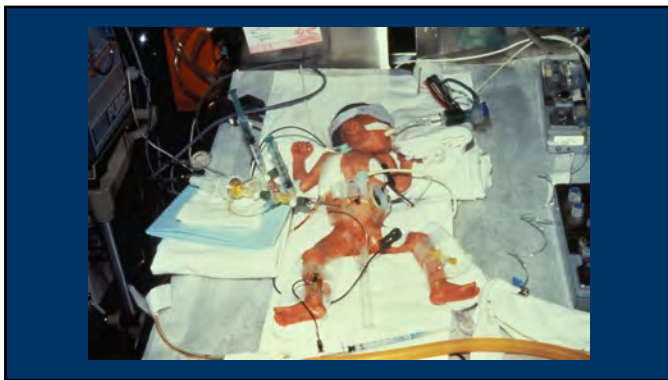
- Gum (Nicorette)
- Patch (Nicoderm)
- Varenicline (Chantix)
- Bupropion (Zyban)
- E-cigarettes

RELAPSE PREVENTION

- *Family and friends*
- *Physician, dentist, nurse*
- Follow-up phone calls
- www.WhyQuit.com

TOP CAUSES OF DEATH

1. Heart disease
2. Cancer
3. Stroke
4. COPD
5. Accidents
6. Diabetes



LOW BIRTHWEIGHT

- Smoking mothers: 12.40%
- Non-smoking mothers: 7.66%

SMOKING IN PREGNANCY

- Low birthweight
- Preterm labor
- Spontaneous abortion
- Abruptio placenta
- Placenta praevia
- Premature rupture of membranes

EFFECTS IN CHILDREN

- SIDS
- Asthma
- Bronchitis, pneumonia
- Otitis media
- School performance

The Health Consequences of Involuntary Exposure to Tobacco Smoke

A Report of the Surgeon General

Executive Summary



Department of Health and Human Services

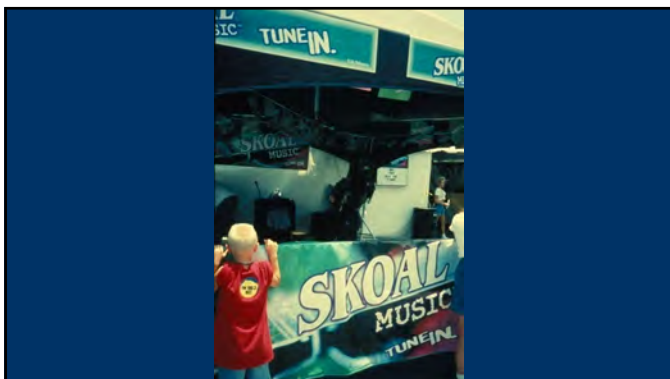
SECONDHAND SMOKE

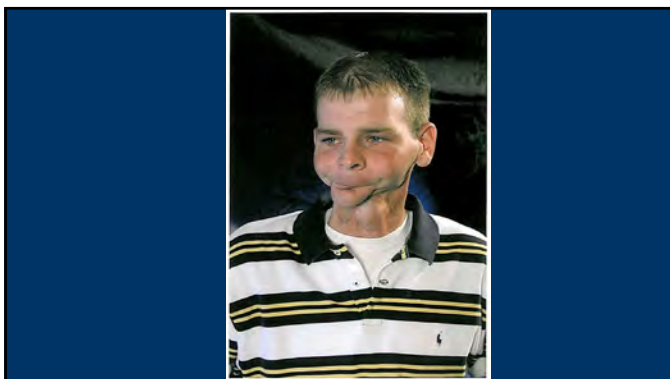
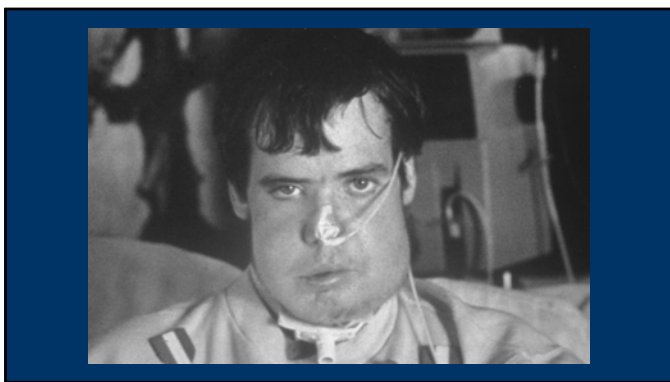
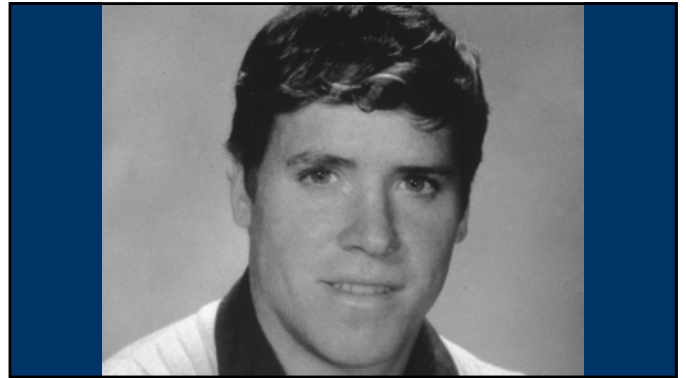
- Lung cancer: 3,000 deaths/year
- Heart disease: 40,000 deaths/year
- Asthma: 2 million ER visits/year

INFLUENCES

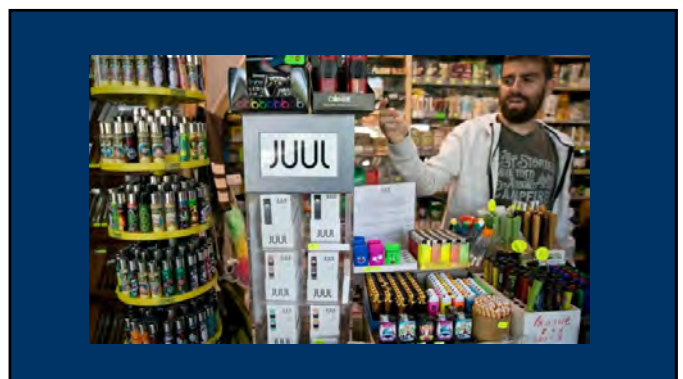
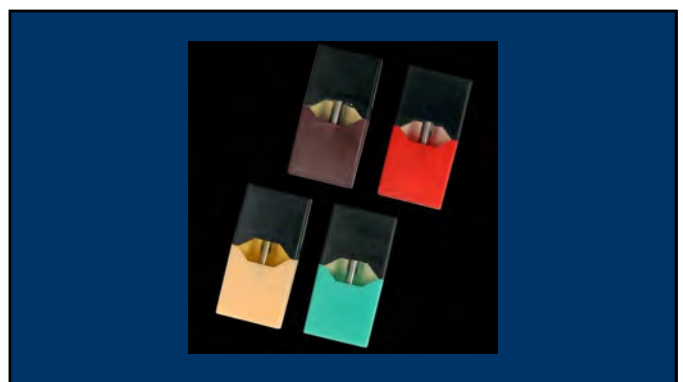
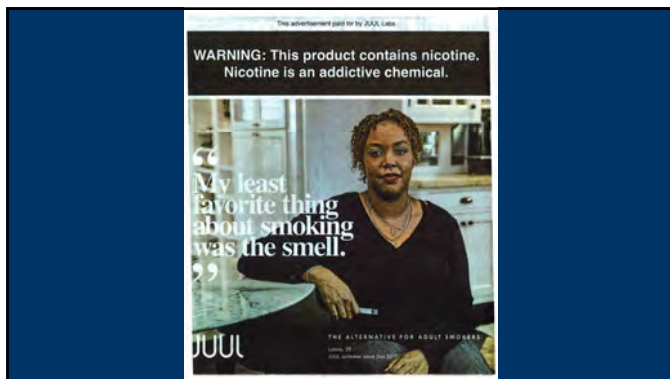
- Peers
- Parents
- Propaganda

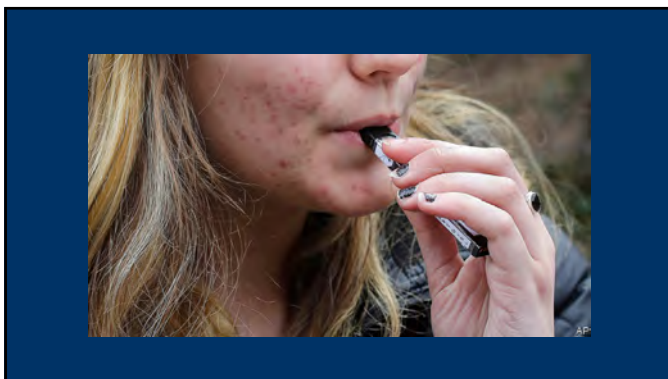


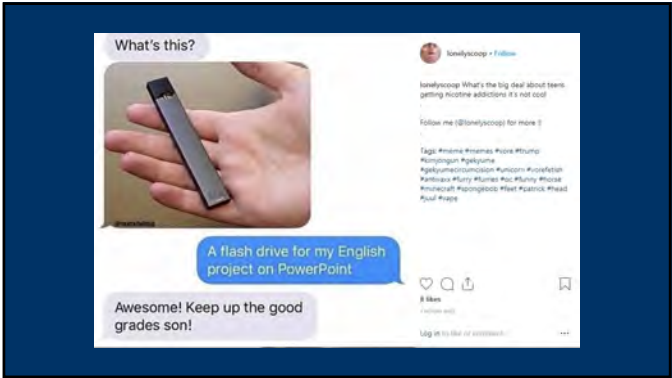
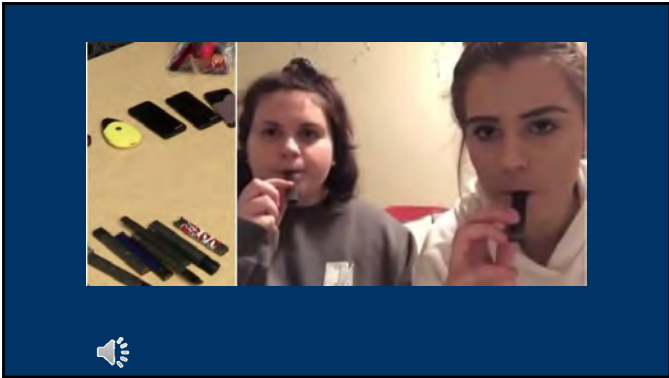












Can You JUUL With THC or CBD?



HAIL MARY JANE



ork Times

Late Edition
Today, variably cloudy, a few showers, humid, high 76. Tonight, mostly cloudy, humid, low 66. Tomorrow, intermittent clouds, humid, high 76. Weather map appears on Page B10.

SEPTEMBER 13, 2018

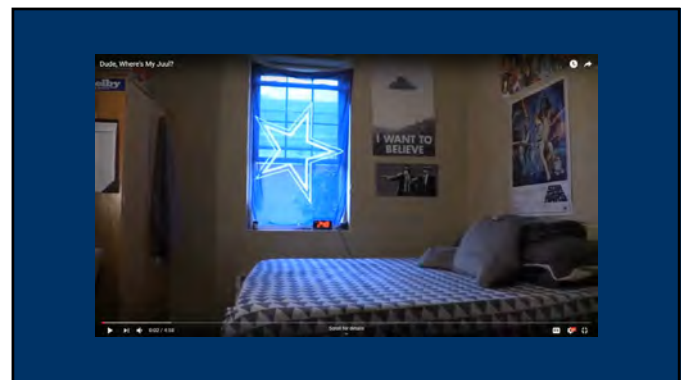
\$3.00

Growing Share Of U.S. Is Born On Foreign Soil
Level Is Highest Since 1910, Census Finds

By SABRINA TAVERNISE
WASHINGTON — The foreign-born population in the United States has reached its highest share since 1910, according to government data released Thursday.

F.D.A., ALARMED BY TEENAGE USE, TARGETS VAPING
RESPONSE TO 'EPIDEMIC'

Block Sales to Minors or Risk Ban on Flavors, Industry Is Told



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