



Clinical Champion Update

Date: 6/6/22

Subject: Smoking Cessation

Happy Monday Colleagues!

The smoking committee would like to share with you some very useful information to continue to assist your patients in quitting smoking.

We have some excellent resources on our VMG public page. Tim Sweeney completed his third video called "Slip Happens". You can view it here.

<https://www.vmgma.com/smokingvaping>

It will be uploaded to our VMG public page soon.

His two other videos are already there with other helpful information on how to contact him and when his support meetings are held on zoom.

When seeing patients, it is convenient to keep this VMG public page open as a tab and flip to it while counseling your patients to show them all our great resources.

UPDATES FROM ATTUD (Association for the Treatment of Tobacco Use and Dependence):

1. Finally, we have a NEW drug to help with smoking cessation. New Med: **cytisinicline** coming to the market soon.

Cytisinicline is a plant-based, naturally occurring alkaloid that has a structure similar to nicotine. It is believed to help in smoking cessation by binding to the nicotinic receptors in the brain (similar to Chantix). This binding has a dual role: it partially stimulates a weak release of dopamine, which helps to reduce both the craving for nicotine and the severity of symptoms that occur with nicotine withdrawal symptoms, while directly inhibiting nicotine binding, which reduces the satisfaction that users of combustible cigarettes and e-cigarettes (vaping) typically associated with nicotine use.

The research indicates there will be less side effects from this drug than Chantix. This is the first new drug in a decade.

2. The US Food and drug administration (FDA) has proposed new rules that ban the manufacturer and sale of menthol cigarettes. A final decision on the regulations will be made later this summer. The tobacco industry targeted minority communities for use of menthol cigarettes. These cigarettes have increased addictive potentials.
3. Cannabis vaping is increasing as most popular method of cannabis delivery among adolescence in the US. Estimated use is 6 or more times per month.

VMG STATS on Teen vaping and smoking:

Total teens (13-19 years of age) at VMG is 1497

14 unique vapers 0.90% identified as Vaping in their chart at VMG.

Screened and Asked if using tobacco	1162	77%
Screened and asked if using e-cig	684	45%
Screened and asked if using smokeless	644	43%

The national average of teenagers reporting vaping is 39.4% for E- cigarettes. We will be working on improving our counseling and reporting data from our teen population.

Warm regards,

VMG Smoking Cessation Steering Committee:

Liz Cory, Ann Esrick, Stephanie Pick, Carol Conolly, Scott Meyers, Wendy Baird, April Tremblay-Davis, & Tim Sweeney