

Other therapies

Hypnosis

- ♣ The aim of hypnotherapy for supporting quitting is to put suggestions in people's non-conscious mind to weaken the desire to smoke, or strengthen their will to stop, or improve their ability to carry through a treatment program. The success of hypnosis has been poorly studied, with studies producing conflicting results. To date, it has not been shown that hypnotherapy itself increases long term quitting rates, although counselling or other treatments that accompany it can be helpful to some smokers.

Acupuncture

- ♣ Acupuncture involves treatment by applying needles or surgical staples to the skin of the ear or other parts of the body. Related treatments include acupressure, laser therapy and electro stimulation. To date there is no clear evidence to support the use of acupuncture or related treatments in their own rights as a quitting aid. Acupuncture may be more effective when combined with counselling or skills training.

Herbal preparations

- ♣ These are available as drops, mouth sprays and herbal cigarettes. There is no evidence that these have any benefit other than a placebo effect (no physical effect but may improve some people's confidence at quitting). Some herbal cigarettes are blended with tobacco. Those herbal cigarettes which contain no tobacco or nicotine have levels of tar and other substances similar to cigarettes and may be harmful to your health.

Lobeline

- ♣ Lobeline, similar to nicotine, is available in capsules or chewing gum. There have been no long term studies of lobeline as a quitting aid, and no evidence that it has any benefit.

Practice details:

Remember to talk to your Doctor before taking any of these products, especially if you have a medical condition, are taking any medicines (prescribed or not), or you are pregnant or breastfeeding.

References:

Quit Victoria
Australian Medicines Handbook 2009
Radar-National Prescribing Service
GlaxoSmithKline
Australian Prescriber 2001;24:20-3

www.quit.org.au

Or call Quit Helpline



Bayside General Practice Network April 2009

**Need
Some
Help
to
Quit
Smoking?**

Patient Information Sheet



Have you thought about talking to your GP or Practice Nurse?

- Talk about quitting with your Doctor, or the nurse at your Practice
- Research has shown that discussing quitting with a health professional can increase your likelihood of success.
- Making an attempt to quit by yourself is a good place to start and there are resources available to increase your chance of success.

What is Nicotine replacement therapy?

- Patches and gum are types of nicotine replacement products. Other nicotine replacement products include lozenges, inhalers and tablets (microtab).
- Nicotine replacements products are sold at Pharmacies and some supermarkets without a prescription.
- Research shows that people who use nicotine replacement products are almost twice as likely to **quit and stay stopped**.
- Nicotine replacement products work best for people who smoke at least 10 cigarettes a day and want to quit.
- They are intended to reduce nicotine withdrawal symptoms while you focus on breaking your smoking habits and learn to live without cigarettes.
- Nicotine products are safer than cigarettes as they do not contain cancer causing substances, carbon monoxide or other dangerous chemicals found in tobacco smoke. They are designed to be less addictive than cigarettes: you absorb less nicotine, at a slower rate than smoking. The level of nicotine in your blood will peak after four hours with the patch, and after 30 mins with the gum, inhaler, lozenge and tablet.

- Its important to follow instructions on how to use these products and gain the most benefit from them.
- The nicotine gum, inhaler, lozenge and tablet work best when taken every one to two hours throughout the day.

Which treatment is right for you?

Nicotine patch pre quitting therapy (brand name Nicobate Pre Quit)

- Pre Quit therapy is available in 21mg 24 hour patches. You can still smoke cigarettes, but these patches reduce the urge to smoke. They allow you to gradually cut down. The goal is to stop smoking completely in two weeks and move onto Nicotine replacement therapy.

Nicotine chewing gum

- Nicotine gum is available in 2mg and 4mg pellets. After chewing the gum to get a peppery taste, you rest it in the side of your mouth. You absorb nicotine from the gum through the lining of your mouth. You may “chew and rest” the gum several times before discarding it. The stronger pellets are more useful for people who smoke more than 20 cigarettes a day.

Nicotine patches

- Sets of nicotine patches come in three sizes, and you usually start with the largest patch (either, a 21mg 24 hour patch or a 15mg 16 hour patch). The patch is worn on the skin , and you absorb nicotine from it continuously . Some people may find patches easier to use than other nicotine products.

Nicotine inhalers

- Nicotine inhalers consist of a plastic tube with a plug loaded with nicotine, which is inserted into a mouth piece. Nicotine is vaporised and absorbed in your mouth when you draw air through the inhaler.

Nicotine lozenges

- Nicotine lozenges are tablets which dissolve in your mouth. They slowly release nicotine, which is absorbed through the lining of your mouth over 30 minutes. They come in two strengths: 4mg for people who normally smoke within 30 minutes of waking and 2mg for people who smoke more than 30 minutes after waking.

Nicotine sublingual tablets

- Nicotine tablets (sold under the brand name of microtab) are small tablets, which dissolve under your tongue. They come in 2mg strength only. Most people use between eight to 12 tablets per day. However, people who usually smoke within 30 minutes of waking and smoke over 20 cigarettes per day can increase their dose by taking two tablets at once or by taking one tablet more often.

Prescribed Medications

- **Zyban** is a non-nicotine tablet, that reduces some nicotine withdrawal symptoms. Patients begin with 150mg once a day, and after three days they take 150mg twice a day. Smoking should stop in the second week of treatment. If you are still smoking after seven weeks you are unlikely to benefit by continuing with Zyban.
- **Champix** is also a table that reduces withdrawal symptoms and the pleasurable effects of smoking. Some patients experience nausea which may settle over time. Set a date to stop smoking and start Champix 1-2 weeks beforehand to reduce craving and withdrawal symptoms.

All medications used to assist smoking cessation need to be discussed with your GP first. All treatments have greater success rates when combined with support & advice from a health professional.