

35 y/o Man from Texas

- Heavy smoker (up to 30CPD) since starting at age 15
- Average 20-40 CPD over past year
- Stopped smoking 1x for 8 months – non-smoking girlfriend
- Efforts to cut down → nicotine withdrawal despite nicotine gum or nicotine patches.
- Bupropion → ↓ libido

35 y/o Man from Texas

Initial Pharmacotherapy

A. Bupropion

B. Varenicline

C. Varenicline & nicotine inhaler

D. 2-21 mg nicotine patches & nicotine lozenges

35 y/o Man from Texas (cont.)

- **Resisted idea of nicotine patch therapy. Wanted to consider no pharmacotherapy**
- **Varenicline 1mg on day 1 with rapid ↑ + nicotine inhaler**
- **Day 2-Severe nicotine withdrawal – disheveled, tremulous, no sleep, cut himself shaving.**
- **Considered checking out of program**
- **Baseline serum cotinine 396 ng/mL**

35 y/o Man from Texas

Next Steps

- A. Send him home**
- B. Add nicotine patch therapy at dose of 56 mg/d and ↑ varenicline to 1 mg twice daily**
- C. Add bupropion**
- D. Add 4 mg nicotine lozenge**

35 y/o Man from Texas (cont.)

- Declined nicotine patch dose of 56 mg/d. Agreed to 42 mg/d dose → improved w/d relief by afternoon of Day 2. ↑ varenicline to 1 mg BID**
- Day 3-Markedly improved. Tremor gone, less irritable, but not sleeping well.**
- Day 4-Slept better. Less w/d**
- Day 5-Steady state serum cotinine 323 ng/mL Discussed safety margin if more NRT needed**
- Day 7-“Best night sleep I’ve had in many years”**

35 y/o Man from Texas

Dismissal Meds.

- A. Continue varenicline 1 mg BID, nicotine inhaler but D/C nicotine patches**
- B. D/C varenicline and continue patches & inhaler**
- C. Continue varenicline and ad lib inhaler. Continue 42 mg nicotine patch dose for 2 weeks then taper**
- D. Continue varenicline and ad lib nicotine inhaler. ↓ patch dose to 21 mg/d.**

62 Y/O Woman with COPD

- COPD
- Smokes 20-25 cpd CO 43 ppm
- Stopped smoking one time for 2 years W/D symptoms when she tries to stop
- Using nicotine gum in past few weeks to decrease smoking rate
- All friends smoke
- Would like to try varenicline

62 Y/O Woman with COPD

Pharmacotherapy Options

- A. 21 mg nicotine patch.
- B. 21 mg + 14 mg nicotine patch.
- C. Bupropion + nicotine gum
- D. Varenicline 0.5 mg/d x 3d then 0.5 mg twice daily x 4 d then 1.0 mg twice daily.

62 Y/O Woman with COPD

Telephone F/U at 2 Weeks

- Started varenicline but use nicotine gum if she had w/d during the run up to her stop date
- Initially using 10-12 pieces nicotine gum per day to control withdrawal
- Decreased nicotine gum use as varenicline dose is increased to 1 mg BID
- After 2 weeks she has reduced to 5 cpd and w/d symptoms are less but struggling.
- Next steps?

62 Y/O Woman with COPD

Next Steps?

- **A. D/C varenicline and start nicotine patch therapy.**
- **B. Increase dose of varenicline.**
- **C. Add bupropion**
- **D. Continue varenicline provide support through telephone counseling or an office visit.**

62 Y/O Woman with COPD

- **Added 0.5mg varenicline dose at noon**
- **Continue ad lib nicotine gum**
- **Phone call 2 weeks later. Still smoking 3 cpd**
- **Increase varenicline to 1mg TID**
- **Phone call 2 weeks later. Stopped smoking a week ago**
- **Continue varenicline and nicotine gum and call back In a month**

52 Y/O Male Recovering Alcoholic

- 20 cpd since early 20's
- 24 yrs ago suicide attempt during heavy drinking → Hazelden
- Limited success nicotine patches and varenicline → mood change with suicidal ideation
- PH depression but no meds in past 5 yrs
- Nicotine lozenges help cravings

52 y/o Male Recovering Alcoholic

- A. Bupropion**
- B. 21 mg nicotine patch + 4 mg nicotine lozenge**
- C. Varenicline**
- D. 21 mg nicotine patch**

52 y/o Male Recovering Alcoholic (cont.)

- 21 mg nicotine patch + 4 mg nicotine Lozenge
- Awakened at 2 am with overpowering urge to smoke - “A Jones”
- PFT’s abnormal
- Baseline serum cotinine 298 ng/mL
- What next?

52 y/o Male Recovering Alcoholic (cont.)

- A. Stay the course with 21 mg patch and 4 mg lozenge**
- B. Add nicotine inhaler**
- C. ↑ patch dose to 2-21 mg patches**
- D. Add nicotine nasal spray**

52 y/o Male Recovering Alcoholic (cont.)

- More comfortable on 42 mg patch dose
- Working hard in program
- Exercise regularly on unit. Will go to Y for daily swimming
- Day 3 – End of day was rough ↑ cravings. Patch fell off in evening, replaced with new 21 mg patch
“Everything got better”

52 y/o Male Recovering Alcoholic (cont.)

- A. Add 14 mg patch at 4 pm**
- B. Stay the course**
- C. Add nicotine nasal spray**
- D. ↑ patch dose to 48 mg/d**

52 y/o Male Recovering Alcoholic (cont.)

- Much better evenings with 14 mg patch at 4 pm
- Steady state serum cotinine 348 ng/mL
- Strong support from his wife and daughter
- He's very engaged in the program. Dismissed on 42 mg patch dose in am, 14 mg patch in pm, + ad lib nicotine lozenge

52 y/o Male Recovering Alcoholic (cont.)

- Telephone F/U doing well except when he forgets to change patches
- 62 days smoke free. Going to local support group
- Frequent contact with 2 residential patients
- 5 months smoke-free – severe urges to smoke, mood swings, continues on 21 mg patches
- 6 months smoke-free and improving
- 9 months past treatment → suicide

34 y/o Spit Tobacco User

- Started age 10
- Copenhagen 1 tin/d
- 4-5 previous attempts to stop – longest 2 days using nicotine patch
- Oral exam: erythema, gingival recession, leukopakia
- Serum nicotine – 30 ng/ml, cotinine – 402 ng/ml
- Residential treatment

34 y/o Spit Tobacco User (cont.)

A. 21 mg nicotine patch plus nicotine lozenge

B. Varenicline, 42 mg nicotine patch dose, nicotine gum prn, snuff substitute prn

C. Bupropion plus nicotine gum

D. 42 mg nicotine patch dose plus nicotine lozenge

34 y/o Spit Tobacco User (cont.)

Admission: Varenicline, 42 mg nicotine patch dose, nicotine gum prn, snuff substitute prn

Day 2

- Difficulty sleeping**
- Strong cravings, consistently thinking about Copenhagen**
- Using a lot of nicotine gum**

34 y/o Spit Tobacco User (cont.)

- A. ↑ Nicotine patch dose to 56 mg/d**
- B. Add nicotine lozenges**
- C. Toughen up**
- D. Add NNS**

34 y/o Spit Tobacco User (cont.)

Day 4

- ↑ nicotine patch dose to 56 mg/d
- Sleeping better
- ↓ cravings
- Steady state serum nicotine – 33 ng/ml, cotinine – 318 ng/ml

34 y/o Spit Tobacco User (cont.)

Day 8

- Dismissed on 56 mg nicotine patch dose, varenicline, nicotine gum prn, snuff substitute, telephone follow-up

Month 3

- Continuous tobacco abstinence, nicotine patch 21 mg/d, varenicline

53 y/o WM Executive

- Smoked cigarettes as early as age 5
- 20 cpd until 1991 MI → CABG x 3
- 3 mos post-MI – relapse to smoking cigarettes
- Switched to pipe – “I knew I couldn’t smoke cigarettes anymore
- Inhaled the pipe smoke from outset
- 3-5 bowls of pipe tobacco per day

53 y/o WM Executive (cont.)

- **Multiple attempts to stop “cold turkey” never more than a day**
- **Tobacco abstinence with nicotine patch + bupropion but serious w/d symptoms – decreased mood, inability to concentrate, anxiety, and craving**
- **Relapsed during high stress at work**
- **Admitted for residential treatment**

53 y/o WM Executive (cont.)

- A. Bupropion plus nicotine lozenge**
- B. Nicotine patch plus nicotine lozenge**
- C. Bupropion plus 21 mg nicotine patch plus nicotine gum**
- D. 2 – 21 mg nicotine patches plus NNS**

53 y/o WM Executive (cont.)

Day 2 - 3

- Persistent “anxiety” symptoms → ↑ patch dose to 2 - 21 mg patches
- PFT – COPD
- Some improvement still has “anxiety” symptoms. NNS added for acute symptoms with good relief
- Baseline serum cotinine 516 ng/ml, steady state 265 ng/ml
- What next?

53 y/o WM Executive (cont.)

- A. ↑ patch dose to 3 - 21 mg patches + NNS and continue bupropion**
- B. Add 4 mg nicotine lozenge**
- C. Stay the course**
- D. Add nicotine gum**

53 y/o WM Executive (cont.)

- ↓ Anxiety with ↑ patch dose of 3 - 21 mg patches + NNS
- Steady improvement throughout his stay
- “I’ll need something other than the spray for anxiety symptoms.” “I can’t pull out a white thing and squirt it up my nose during a board meeting” → 4 mg nicotine gum add
- Dismissed on 3-21 mg nicotine patch dose + bupropion + ad lib nicotine gum and NNS for crises

27 y/o Pregnant RN

- 20 cpd x 14 years
- Stopped smoking with previous pregnancy
- Unable to stop with current pregnancy (12 wks)
- Withdrawal symptoms – anxiety, impatience, craving
- PH major depression – Paxil 10 mg/d
- Marital issues with husband and his recent Rx for alcoholism

27 y/o Pregnant RN (cont.)

- **Outpatient counseling, 10 cpd, CO = 10 ppm**
- **21 mg nicotine patch removed HS**
- **F/U ↓ craving, 2 cpd, CO = 4 ppm**
- **Outpatient group program, brief smoking abstinence**
- **26 wks – relapse to 20 cpd, restart nicotine patch**

27 y/o Pregnant RN (cont.)

- **Residential Treatment Program, 10 cpd, CO = 12 ppm**
- **Cotinine 93 ng/ml, Rx 21 mg nicotine patch**
- **Cravings present despite milieu and nicotine patch → add nicotine inhaler**
- **↓ cravings**
- **Steady state cotinine 118 ng/ml**

27 y/o Pregnant RN (cont.)

- **Apprehensive at dismissal from residential**
- **Continue 21 mg nicotine patch and nicotine inhaler for ad lib use**
- **Abstinent at F/Us with COs of 1-2 ppm**
- **Delivered healthy baby boy (7 lb 14 oz)**
- **Abstinent at F/U, ↓ patch over several weeks**

50 y/o man with Buerger's Disease

- **Started smoking as a teenager**
- **1987 Non-healing toe ulcerations**

30 CPD

Dx Buerger's Disease

- **1988 Thoracic Sympathectomy**
- **1989 Amputation, right 5th toe**

Auto amputation, right thumb

Stopped smoking (5 years)

- **2000 Hazelden Alcohol/drug Dependence Treatment**

50 y/o man with Buerger's Disease (cont.)

- **2002 Residential Treatment at NDC (20 CPD)**
- **Ulcerations right heel & right lateral malleolus**
- **“Like someone pounding nails in my leg and foot”**
- **Bupropion started before admission**
- **Nicotine patch therapy at 35 mg/d**

50 y/o man with Buerger's Disease (cont.)

- Reluctant to use two patches
- Baseline serum cotinine 300 ng/mL
- Steady state cotinine 188 ng/mL on 21 mg/d patch
- Eventually ↑ patch dose to 35 mg and then to 42 mg/d → much improved – less withdrawal

50 y/o man with Buerger's Disease (cont.)

- **Post Residential Treatment**
- **Continued 42 mg/d nicotine patch dose for 6 weeks then slowly tapered**
- **Continued bupropion for 2 years**
- **Panelist at our Conference May 2010**
- **Still abstinent from smoking**