



## **TOBACCO AND NICOTINE CESSATION**

Tobacco and Nicotine use have been connected to many health issues such as lung problems (COPD, emphysema), development of several types of cancer (lung, pancreas, bladder), and hardening of the arteries around your heart and elsewhere in your body (which can lead to a heart attack, stroke or amputation). With regards to having surgery, the use of these products increases the number of complications you can experience around surgery, including increased rates of wound infections, poor tissue healing (this can cause of hernia or increase the likelihood of a hernia repair failing) and pneumonia. As such, the physicians of North Valley Surgical Associates strongly advise you to quit smoking and use of other tobacco products.

Cessation of smoking and other tobacco products is difficult, as the habit of smoking makes patients feel better and the nicotine has addictive properties. Research shows that the more thought you give to quitting smoking and tobacco use and the more attempts you make to quit, the more likely you are to be successful with your next attempt.

As a surgical clinic we specialize in counselling on surgery. Tobacco use affects the likelihood that you will have a good outcome from your surgery, without complications such as wound infection.

The best strategy to successfully quit smoking and tobacco use is via the combined use of a counselor (a "Quit Coach") and a variety of quit-smoking medications. These types of services are provided by numerous internet resources and your primary care physician.

## **RESOURCES:**

Your primary care doctor – call them, they want you to quit!

Arizona Smokers' Helpline – [www.ashline.org](http://www.ashline.org) or 1-800-55-66-222

Smartphone apps – search "quit smoking"

American Lung Association – [www.lung.org](http://www.lung.org)

## **MEDICATIONS:** (prescriptions are provided by primary care physicians)

Chantix (Varenicline) – this medication specifically targets nicotine receptors in your brain, which helps reduce the nicotine craving.

Zyban (Bupropion) – also an antidepressant, this medication cuts down the cravings and withdrawal symptoms from nicotine, including irritability, frustration, anger, anxiety, trouble concentrating, restlessness, and depression.

Nicotine Replacement Therapy (gum, patch, inhaler, lozenges) – these agents help with the withdrawal from nicotine during the early quit smoking attempt. These are best used in consultation with your primary care doctor.

E-cigarettes – further information regarding E-cigarettes can be obtained at [www.ashline.org](http://www.ashline.org)

Please quit!

Dr. Lipton

Dr. McClary

Dr. Villareal