

QUIT TOBACCO

UCanQuit2.org

QUIT BRIEF



APRIL 2017

QUIT AND STAY QUIT MONDAYS



Did you know research has found that tobacco users who chose Monday as their quit date have a higher quitting success rate than those who quit on another day of the week?

We're sharing the Quit and Stay Quit Monday concept with you and hope you find it to be a valuable addition to your tobacco cessation program.

Find tips on how to promote Quit and Stay Quit Mondays on your installation in our Campaign Materials at <https://ucanquit2.org/Partners/CampaignMaterials>.

NATIONAL NURSES WEEK

The Department of Defense recognizes the unique contributions of nurses to the nation's defense. The Military Health System is observing National Nurses Week May 6-12, 2017.

We hope you'll participate at your hospital, clinic or installation! Share your events, thoughts on being a nurse or just words of thanks with #ThankUNurses on Facebook and Twitter.



Health Leaders Call for Immediate Action to Curb Smoking in the U.S.

Key tobacco leaders from different U.S. organizations have recently published a report, which calls for the immediate implementation of national action to reduce the number of adult smokers in the United States from 40 million to 25 million by 2024. This report centers on the adoption of three strategies that could aid in reducing the number of adult smokers. The three strategies are: raising taxes on cigarettes and other combustible tobacco products and keeping taxes low on products such as nicotine replacement medications (NRTs); making tobacco dependence treatment services, which are a combination of behavioral counseling and NRTs or prescription medicines, more accessible to adults, especially those with low incomes; and updating policies that will facilitate the development of safer alternative nicotine products.

Read the article from [The Washington Post](#).

Tobacco Treaty Has Helped Cut Smoking Rates, But More Work Needed

Despite the reduction in worldwide smoking rates by 2.5% since 2005, thanks to the World Health Organization (WHO) Framework Convention on Tobacco Control (FCTC), researchers say that this progress is still behind the pace called for by the treaty. According to the study, countries that fully implemented the FCTC, which obliges the countries to measures such as high tobacco taxes, smoke-free public spaces, warning labels, and comprehensive advertising bans, saw significant reductions in smoking rates.

Read the article from [Reuters](#).

Tobacco 21 Efforts Sweep Across the U.S.

Twenty-two states have introduced legislation to raise the legal tobacco purchase age to 21 this year, which is a significant increase over the 15 states that had similar bills introduced last year. Currently only 2 states, Hawaii and California, have passed tobacco 21 regulations, while there are an additional 212 cities and counties, including Washington D.C., that have set 21 as the legal age to purchase tobacco products.

Read the article from [CS News](#).

When CVS Stopped Selling Cigarettes, Some Customers Quit Smoking

A recent study suggests that CVS' decision to stop selling cigarettes two years ago has helped some customers quit smoking. Researchers, which included CVS Health's chief medical officer Dr. Troyen Brennan, used data from a survey of consumers' cigarette purchases at various retailers and found that smokers who purchased cigarettes exclusively from CVS were 38% less likely to purchase tobacco after CVS pulled cigarettes from their stores. Additionally, 8 months after CVS stopped selling tobacco, 13 states saw a 1% drop in cigarette sales, which equates to about 95 million cigarette packs.

Read the article from [Reuters](#).

Smoking Cessation Programs Benefit Patients Prior to Joint Replacements

Preliminary new research shows that smokers who enrolled in a smoking cessation program prior to hip or knee replacement surgery experienced better surgical outcomes and fewer adverse effects post-surgery. While previous studies indicated that non-smokers fare better than smokers did after joint replacement surgery, this study indicates that if a smoker quits smoking prior to surgery they may improve their outcome. Researchers analyzed medical records of 539 smokers who had total joint replacements at NYU's Langone Hospital for Joint Diseases over a 2.5-year period. Of the 103 smokers who were referred to the hospital's pre-surgery smoking cessation, smokers who completed the program were not only 4.3 times more likely to quit smoking prior to surgery but they also had fewer surgical complications including a 24% decrease in adverse post-surgery events.

Read the article from [EurekAlert](#).

Read the article from [Tech Times](#).

Researchers Warn of Hazards of Smoking and Need For Wider Use of Varenicline to Quit

When the FDA added a black box warning to varenicline (brand name Chantix) in 2009 the number of prescriptions dropped from 2 million in the last quarter of 2007 to just about 531,000 in the first quarter of 2014, a 76% decrease. Now that the FDA has pulled the black box warning, following studies that offered plausible explanations for the reported neuropsychiatric symptoms associated with the drug, researchers from Florida Atlantic University released commentary to reassure clinicians that varenicline is a safe and effective way to quit smoking. During a 12-week randomized trial of 8,000 long-term smokers, subjects without psychiatric disorders had less neuropsychiatric symptoms and subjects with psychiatric disorders displayed no increase in symptoms. Both subjects with and without psychiatric disorders who were administered varenicline achieved significantly higher rates of smoking abstinence than those subjects who were given placebos, nicotine patches, or bupropion.

Read the article from [Science Daily](#).

Access the full article through [The American Journal of Medicine](#).

Certain Brains Make It Harder to Quit Smoking, According to Science

While we know that quitting smoking is a difficult task, a new study indicates that there is a biological component to why quitting is more difficult for some people. Researchers examined a section of the brain, the inhibitory control network that is associated with stopping habitual behavior, such as the habit to place a cigarette in one's mouth multiple times a day. Using functional MRI, researchers studied the adult brains of 81 subjects, all committed to giving up smoking, and had them play a "game" where they had to hit a key every time a colored circle appeared on a screen with the exception of one particular color. This activity allowed researchers to see how each participant's inhibitory control networks worked. At the end of the 10-week study, subjects who used fewer resources in their brain to inhibit the automated behavior (pressing the key) were more likely to be successful in their quit attempt.

Read the article from [Medical Daily](#).

Access the full article through [JAMA](#) (subscription required for full text).

Cigarette Smoking Linked to Synchronous Colorectal Cancers

Investigators are adding yet another cancer to the list of risks associated with long-term cigarette smoking. Andrew T. Chan, MD, MPH, and colleagues recently evaluated the link between smoking status and the incidence of solitary and synchronous (the presence of two or more primary tumors) colorectal cancer in over 134,000 participants and found that current smokers had a significantly higher risk for synchronous colorectal cancer than individuals who had never smoked. Additionally, the risk for both synchronous and solitary colorectal cancer increased even more in patients who were longtime cigarette smokers. For former smokers, the longer the smoking cessation period, the greater the more they reduced their risk for synchronous colorectal cancer. These results further emphasize the positive health benefits of smoking cessation.

Read the article from [Healio](#).

Access the full article through [The American Journal of Gastroenterology](#).

ELECTRONIC NICOTINE DELIVERY SYSTEMS

The Shifting Rationales for Vaping

Researchers out of San Diego State University utilized social media data to determine the reasoning behind people's decisions to begin and continue using e-cigarettes. Over 3 million public tweets on Twitter from 2012-2015 were examined, with spam, advertisements, and retweets being excluded, and then classified into different rationale categories. The study authors found that in 2012 the most common reason twitter users cited for using e-cigarettes was to quit combustible tobacco products, with 43% of tweets stating this rationale. Social image was the second most mentioned reason, with 21% of tweets, followed by the ability to use indoors, available flavors, and perceived odor. In 2015, however, the most mentioned rationale had shifted, with social image being the number one reason, at 37% of tweets. Quitting combustible tobacco products and the ability to use indoors had significantly fewer mentions in 2015. The shift in rationale indicates an evolution of e-cigarettes, from being perceived as a device that could aid in smoking cessation to a standalone tobacco product that attracts both smokers and non-smokers.

Read the article from [Science Daily](#).

Access the article from [PLOS ONE](#).

Cancer-Causing Benzene Found in E-Cigarette Vapors Operated at High Power

Scientists from Portland State University discovered significant levels of benzene in the vapor of e-cigarettes that were operated at their highest power. Benzene, a known carcinogen and component of gasoline, has been linked to leukemia, bone marrow failure, and other diseases. Some e-cigarette fluids contain additive chemicals benzoic acid or benzaldehyde, and when these additives are present and the e-cigarette is operated at its highest power, the amount of benzene in the vapor was thousands of times higher than the benzene level of the ambient air. While the levels produced by the e-cigarettes are still 50-100 times lower than the levels of benzene produced by the smoke of conventional cigarettes, benzene is known as the largest single cancer-risk air toxin in the United States.

Read the article from [EurekAlert](#).

Access the article from [PLOS ONE](#).

Bill to Ban Smoking Areas at VA Introduced in House

Rep. Brad Wenstrup (R-OH), chairman of the House Veterans Affairs Subcommittee on Health, has introduced a bill to the House of Representatives that if passed would require the immediate shutdown of remaining indoor smoking areas at Veteran Health Administration facilities and eliminate all outdoor designated smoking areas within five years. While designated indoor smoking areas at most federal facilities were closed in 2009, the Veterans Health Care Act of 1992 required the VA to offer indoor smoking facilities, 15 of which remain today. Sponsors of the bill stated that removing these smoking areas would ensure that “Veteran patients receive the same considerations as patients in the private sector.”

Read the article from Military.com.

Quit Brief:

Quit Tobacco - UCanQuit2.org's monthly e-newsletter for the newest Quit Tobacco product features, latest news in the tobacco industry and information on e-cigarettes.

Be in the POC Spotlight

Share your cessation activities! We would like to hear about how you are promoting tobacco cessation and using our materials on your installation. Email us at info@UCanQuit2.org.

Join Us on Social Media

Find us on [Facebook](#), [Instagram](#) and [Twitter](#) to check out our daily posts. Your participation helps to create an online community to support and encourage those you are helping to quit tobacco.



For more information, please contact info@UCanQuit2.org.