

Smoking Cessation Guide (part 2)

Please find the attached circular about smoking cessation guide part 2. Please read it carefully and keep it in your pharmacy files as a reference.

20/5/2020
Drug Information Center
Rana Delnora



The pharmacological treatments for Smoking Cessation include:

Brand Name	Active Ingredient	Dosing	Administration	Common Side Effects	Notes
Nicorette invisipatch® (Currently not available)	Long acting Nicotine Replacement Therapy (NRT)	<p><u>More than 10 cigarettes per day:</u></p> <p>Step 1 contains 25 mg of nicotine and it is used for 1 week.</p> <p>Step 2 contains 15 mg of nicotine and it is used for 2 weeks.</p> <p>Step 3 contains 10 mg of nicotine and it is used for 2 weeks.</p> <p><u>Less than 10 cigarettes per day:</u></p> <p>Start with step 2 immediately for 1 week then step 3 for additional 4 weeks.</p>	<ul style="list-style-type: none"> Apply to <u>clean, dry, hairless, healthy skin</u> on the front or side of the chest, upper arm or hip. Do not apply the patches to broken, red or irritated skin. Don't apply oils or talcum powder to the skin before applying the patch, as they will prevent it sticking properly. The patches must not be cut. Patch site should be rotated daily to avoid skin irritation. 	<ol style="list-style-type: none"> Skin irritation Insomnia and vivid dreams when the patch is left on overnight (can be minimized by removing the patch at bedtime). 	<ul style="list-style-type: none"> The patch has a <u>long-acting, slow-acted</u> pattern of nicotine delivery, producing relatively constant withdrawal relief <u>over 24 hours</u>, but requiring several hours to reach peak levels. If you <u>exercise</u> while wearing a nicotine patch the amount of nicotine absorbed into your bloodstream may increase, which could increase the side effects of nicotine. Patients who remove the patch at night and experience morning cravings for nicotine <u>can use a short-acting form of nicotine replacement therapy (Gum)</u> while waiting for the nicotine patch to take effect (it needs 0.5-3 hours after re-application to reach the effective level). Compliance level with nicotine patch is high.
Nicorette Gum®	Short acting Nicotine Replacement	<p><u>More than 10 cigarettes per day:</u></p> <p>Chew 4 mg gum as required to</p>	Use the "chew and park" method:	<ol style="list-style-type: none"> Nausea Vomiting Abdominal pain 	<ul style="list-style-type: none"> Chewing the gum releases nicotine that is absorbed through the oral mucosa, resulting in a peak of blood nicotine

Smoking Cessation Guide

**Lowell Kleinman, Deborah Messina-
Kleinman**



Smoking Cessation Guide:

Smoking Cessation Guide Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Smoking Cessation Guide**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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Table of Contents Smoking Cessation Guide

1. Understanding the eBook Smoking Cessation Guide
 - The Rise of Digital Reading Smoking Cessation Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Smoking Cessation Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Smoking Cessation Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Smoking Cessation Guide
 - Personalized Recommendations
 - Smoking Cessation Guide User Reviews and Ratings
 - Smoking Cessation Guide and Bestseller Lists
5. Accessing Smoking Cessation Guide Free and Paid eBooks

- Smoking Cessation Guide Public Domain eBooks
- Smoking Cessation Guide eBook Subscription Services
- Smoking Cessation Guide Budget-Friendly Options
- 6. Navigating Smoking Cessation Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Smoking Cessation Guide Compatibility with Devices
 - Smoking Cessation Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Smoking Cessation Guide
 - Highlighting and Note-Taking Smoking Cessation Guide
 - Interactive Elements Smoking Cessation Guide
- 8. Staying Engaged with Smoking Cessation Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Smoking Cessation Guide
- 9. Balancing eBooks and Physical Books Smoking Cessation Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Smoking Cessation Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Smoking Cessation Guide
 - Setting Reading Goals Smoking Cessation Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Smoking Cessation Guide
 - Fact-Checking eBook Content of Smoking Cessation Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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