

**Louisiana Pharmacists Association**

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**FOR IMMEDIATE RELEASE**

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**Louisiana Pharmacists Association Educates Patients about Smoking Cessation**

Have you made your 2013 New Year's resolution yet? When it comes to resolutions, many will choose to make this the year they get healthy. If you smoke, quitting can help you to get on track to a healthier lifestyle.

***Why Should I Quit?***

It is no secret that smoking is a harmful to your health. Cigarette smoking is the number one risk factor for lung cancer, causing 90% of cases in the United States. Smokers are at a higher risk for other forms of cancer as well, including oral cavity, pharynx, esophagus, pancreas, larynx, uterine cervix, urinary bladder, and kidney. Smoking increases the risk of heart disease as well as emphysema, a lung disease that makes it hard to breathe. The longer you smoke, the more likely you are to develop these conditions. When you quit smoking, you greatly reduce your risk as well as protect those around you from the dangers of secondhand smoke.

***Common Medication Methods***

It is also no secret that quitting smoking is difficult. Fortunately, there are several effective medications that can help you achieve your goal to quit smoking.

- Nicotine Replacement Therapy (NRT)

This method of smoking cessation involves the administration of low doses of nicotine in forms that do not contain the other dangerous ingredients of cigarettes. The goal is to reduce the symptoms of withdrawal as well as the craving for nicotine. Several types of NRT are available, including:

- Nicotine gum, lozenges, or patches – available over-the-counter
- Nicotine nasal spray or inhaler – available by prescription
- Prescription drugs

Two non-nicotine containing medications have been approved by the FDA for smoking cessation: Varenicline (Chantix®) and Bupropion (Zyban®, Wellbutrin®, or Aplenzin®). Both of these drugs have been proven effective, however, they are only available by a prescription from your doctor.

Pharmacists are accessible healthcare providers that can help you achieve your goal to stop smoking. They can help you develop a plan that fits your lifestyle and give you information and recommendations about the various products and medications available. Remember – it is important to see your doctor before beginning any medications, including those over-the-counter, to help you quit smoking.

If you have made the resolution to quit smoking in 2013, contact your pharmacy today and ask how you can begin making progress toward achieving your goals.

Sources:

The Centers for Disease Control - Smoking and Tobacco Use. Available at:

[http://www.cdc.gov/tobacco/basic\\_information/health\\_effects/cancer/index.htm](http://www.cdc.gov/tobacco/basic_information/health_effects/cancer/index.htm)

[http://www.cdc.gov/cancer/lung/basic\\_info/risk\\_factors.htm](http://www.cdc.gov/cancer/lung/basic_info/risk_factors.htm)

The Dangers of Smoking. Livestrong Website. Available at:

<http://www.livestrong.com/article/332280-information-on-the-dangers-of-smoking/>

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**The Louisiana Pharmacists Association, established in 1882, strives to promote the interests of all pharmacists of the State of Louisiana. For more information about the LPA and its benefits, contact Julie Fuselier or Phyllis Perron, LPA Co-Executive Directors at 225/346-6883 or visit our website at [www.louisianapharmacists.com](http://www.louisianapharmacists.com).**

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