

**QUIT
YOUR
WAY**
with our
support



**QUIT
YOUR
WAY**

Tayside Smoking Cessation service

Tobacco Team, Public Health

Quiz

Quiz - What do the numbers relate to?

- According to the WHO – Globally, how many people die due to tobacco every year?
https://www.who.int/health-topics/tobacco#tab=tab_1
7 million
- How many chemicals are one cigarette?
<https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/smoking-and-cancer/whats-in-a-cigarette>
5000
- How much does Tobacco cost the Scottish economy ?
<https://ashscotland.org.uk/briefing/smoking-and-the-economy-in-scotland/>
4.15 Billion
- According to ASH Scotland – How many households in Scotland can be lifted out of poverty if they quit smoking?
<https://ashscotland.org.uk/63000-households-in-scotland-can-be-lifted-out-of-poverty-through-quitting-tobacco-reveals-ash-scotland/>
63,000 households

Smoking is the most important preventable cause of ill-health and premature death in Scotland

Smoking increases inequalities

- Highest prevalence in most deprived areas compared with least deprived
- 23% to 7%

Drug related deaths in
Tayside = 81

- Scotland = 1017 (2024)

Alcohol related deaths in
Tayside = 88

- Scotland = 1185 (2024)

Tobacco related deaths in
Tayside = 530

- Scotland = 7010
(2023/24)

[ScotPHO profiles](#)

[Drug-related deaths in Scotland, 2024 - National Records of Scotland \(NRS\)](#)

[Alcohol-specific deaths 2024 - National Records of Scotland \(NRS\)](#)

[ASH Scotland : Document standard type = Arial, 12pt](#)

[Scottish Health Survey](#)



Is a chronic remitting relapsing medical condition

Nicotine is as addictive as heroin and cocaine

Children of smokers are three times more likely to become smokers themselves

Most people who smoke regret ever starting and want to stop

Tobacco and Vaping Framework: Roadmap to 2034

Filters

Can cause smokers to inhale more deeply drawing dangerous chemicals deeper into the lungs.

Menthol

Cools and numbs the throat to reduce irritation.

Bronchodilators

Chemicals to expand the lungs to allow smoke to more easily enter the lungs.

Flavourings

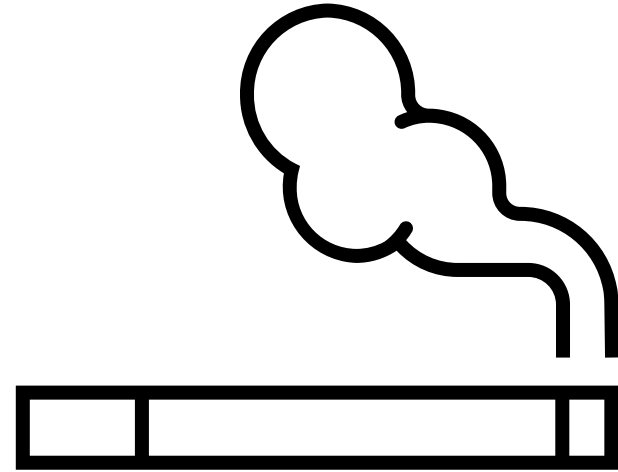
Dull the harshness of smoking to make it easier to inhale.

Ammonia

Allows nicotine to travel faster to the brain

Sugars

Make tobacco smoke easier to inhale and form acetaldehyde, which increases nicotine's addictive effects.



Smoking cessation and mental health medication

- The smoke in tobacco (not the nicotine) increases the metabolism of some medicines
- When smoking is stopped, the dose of these drugs may need to be reduced, and the person monitored regularly for adverse effects, by health professional
- If the person returns to smoking, the opposite is true, and their medication will need to be increased therefore continue to monitor until dosage is stabilised
- For individuals taking **clozapine**, **BEFORE** the **supply of varenicline** via PGD the pharmacist must inform the prescriber that the patient is making an attempt to stop smoking so that clozapine levels can be monitored. Cautions – see BNF and Summary of Product Characteristics

[Drugs affected by smoking cessation](#) | [Prescribing information](#) | [Smoking cessation](#) | [CKS](#) | [NICE](#)

[di-2.pdf](#)

Psychotropic drugs affected by smoking status

Drug	Effect of smoking on plasma levels	Action to be taken on stopping smoking	Action to be taken on (re)starting smoking
Benzodiazepines	↓ Up to 50%	Plasma levels reduced by 0-50% (depends on drug and smoking status)	• Monitor closely • Consider reducing dose by up to 25% over one week
Chlorpromazine	↓	Plasma levels reduced. Varied estimates of exact effect	• Monitor closely • Consider reintroducing previous smoking dose
Clozapine	↓ Up to 50%	Reduces plasma levels by up to 50%. Plasma level reduction may be greater in those receiving valproate. Effect is reversed by co-administration of fluvoxamine	• Take plasma level before stopping • On stopping, reduce dose gradually (over a week) until around 75% of original dose reached (i.e. reduce by 25%) • Repeat plasma level one week after stopping • Anticipate further dose reductions
Duloxetine	↓ Up to 50%	Plasma levels may be reduced by up to 50%	• Monitor closely • Consider 25% dose reduction
Escitalopram	↓ Up to 50%	Reduction in levels may be up to 50% (possibly via induction of CYP2C19)	• Monitor closely • Consider 25% dose reduction
Fluphenazine	↓ Up to 50%	Reduces plasma levels by up to 50%	• On stopping, reduce dose by 25% • Monitor carefully over the following 4-8 weeks • Consider further dose reductions
Fluvoxamine	↓ By 1/3	Plasma levels decreased by around one-third	• Monitor closely • Dose may need to be reduced
Haloperidol	↓ 25 to 50%	Reduces plasma levels by around 25-50%	• Reduce dose by around 25% • Monitor carefully • Consider further dose reductions
Mirtazapine	?	Unclear, but effect probably minimal	• Monitor
Olanzapine	↓ Up to 50%	Reduces plasma levels by up to 50%	• Take plasma level before stopping • On stopping, reduce dose by 25% • After one week, repeat plasma level • Consider further dose reductions
Trazodone	↓ 25%	Around 25% reduction	• Monitor for increased sedation • Consider dose reduction
Tricyclic anti-depressants	↓ 25 to 50%	Plasma levels reduced by 25-50%	• Monitor closely • Consider reducing dose by 10-25% over one week • Consider further dose reductions

Source: Taylor, D., Barnes, T., Young, A. The Maudsley Prescribing Guidelines in Psychiatry 14th edition, Chichester: WILEY Blackwell; 2021

Action on Smoking & Health (Scotland) (ASH Scotland) is a registered Scottish charity (SC 010412) and a company limited by guarantee (Scottish company no 141711). The registered office is 8 Frederick Street, Edinburgh EH2 2HB.

QUIT
YOUR
WAY
with our
support

Quit Your Way to stop smoking for good!

- Community Pharmacy
- Free
- **How old do you have to be?**
- Varenicline (18 years and older)
- Nicotine Replacement Therapy
- **Tobacco reducing service only**



NHS Tayside Quit4U

Financial Incentive Scheme

- Up to £150 in vouchers. £12.50 for each week of successful quit
- Available to over 16-year-olds
- Postcode SIMD 1&2
- Referral from support service
- Weekly contact with Pharmacy who will ask about smoking status, CO monitoring, discuss treatment and any difficulties, provide support and guidance

Give it up for Baby Scheme



- All pregnant women in Tayside and smoke tobacco (and nominee)
- Referral from maternity or Tobacco Team
- Up to £550 in vouchers, £12.50 for each week of successful quit
- Available to over 16-year-olds
- Weekly contact with Pharmacy for 12 weeks
- Return every 4 weeks for CO reading
- Until baby is 12 weeks old

What is the advice telling us?

- **NOT** for non-smokers
- **NOT** for long term use
- It is **illegal** to sell or give to under 18s
- **CAN** be a useful stop smoking aid if used **correctly** to do so

[Young-people-and-vaping-2023-Update.pdf \(ashscotland.org.uk\)](#)

[Electronic cigarettes and health outcomes: systematic review of evidence \(anu.edu.au\)](#)

[Is e-cigarette use in non-smoking young adults associated with later smoking? A systematic review and meta-analysis | Tobacco Control \(bmj.com\)](#)

Tips to quit vaping

- **Reduce nicotine gradually**
 - After 12 weeks of no tobacco at all (exclusive use of e-cigarette) reduce your usual nicotine liquid strength every 2-4 weeks, or longer as needed
 - eg: 20mg-18mg-12mg-6mg-3mg-0mg
- **Reduce when you vape**
 - If you normally vape every 20 mins, try waiting 40 mins
 - Only vape at certain times of the day
 - Don't constantly have your vape in your hand
- **Reduce where you vape**
 - Don't vape inside buildings, in the car or in front of kids
 - Only vape at work on breaks, outside
- **Choose a flavour you really don't like**
 - making vaping less pleasant and enjoyable
- **Go to a reputable vape shop**
- **Use NRT**

Local Service

QUIT
YOUR
WAY

Any Questions?

You do not need to be an expert!

Signpost to us!

01382 424 127

tay.smokingcessationservice@nhs.scot

Quit Your Way Tayside [Facebook]

Health Promotion Library - james.crawford7@nhs.scot