

Smoking Cessation Questions  
October 2007 Small-Talk

1. All of the following are associated with smoking cessation EXCEPT:
  - A. Improvement in FEV1 in patients with mild COPD
  - B. Weight gain of 4 to 5 kg
  - C. Improvement in symptoms of ulcerative colitis.
  - D. Worsening depression in patients with a history of a major depressive episode.
  - E. Reduction in new cardiovascular events, including sudden cardiac death.
  
2. All of the following diseases are associated with smoking EXCEPT:
  - A. Osteoporosis in women
  - B. Parkinson's disease
  - C. Bladder cancer
  - D. Ectopic pregnancy
  - E. Peripheral artery disease
  
3. A 16 yo female presents to your office for a pre-participation sports physical. When discussing tobacco use, which method is LEAST likely to be effective in deterring initiation of smoking:
  - A. Discussing long-term health effects such as heart disease and lung cancer.
  - B. Discussing negative social consequences such as looking less attractive to boys.
  - C. Discussing short-term consequences such as bad-breath, smelly clothes, etc.
  - D. Discussing negative effects in sports that she plays.
  
4. Which strategy of smoking cessation is least effective:
  - A. Bupropion
  - B. Transdermal nicotine (patches)
  - C. Nicotine polacrilex (gum)
  - D. Organized group programs
  - E. Acupuncture
  
5. T or F Long term cessation of smoking is more likely when smokers gradually taper the number of cigarettes they smoke rather than trying to quit "cold turkey."
  
6. T or F When surveyed, a majority of patients who have visited their physicians in the past year report being advised to stop smoking.
  
7. All of the following are signs of major nicotine addiction EXCEPT:
  - A. Inability to go a few hours without smoking
  - B. First cigarette within 30 minutes of awakening
  - C. Smoking one-half pack of cigarettes daily
  - D. Smoking through your tracheostomy outside the VA.

## Smoking Cessation Answers

1. C. Smoking cessation may worsen symptoms of ulcerative colitis. Nicotine is being studied as a possible adjunctive treatment for ulcerative colitis
2. B. For reasons unknown, the risk for Parkinson's disease is lower in smokers
3. A. Adolescents live in the "here and now" and typically feel they are immortal. Discussions of long-term effects of anything may be futile. Telling them they stink, however, gets their attention.
4. E. Controlled studies of acupuncture are few; those that are available found no long-term benefit when used alone. Acupuncture might prove successful for temporary relief of withdrawal symptoms in very addicted patients.
5. F. Generally, patients who set a quit date and stop abruptly have a higher rate of quitting than those who try to wean gradually.
6. F. Unfortunately, it appears that health care providers are missing a large number of smokers who may benefit from counseling. A telephone survey of over 3000 adult smokers who had seen a physician in the outpatient setting over the previous year found that only 51 percent were spoken to about their smoking, 46 percent were advised to quit, 15 percent were offered help in quitting, and 3 percent had a follow-up appointment arranged. A subsequent study of 1360 outpatients who received prescriptions for bupropion to aid smoking cessation found that only 36 percent were advised to choose a "quit date", and only 25 percent were advised to join a smoking cessation counseling program. These findings may be underestimates due to recall bias on the part of those surveyed; however, they suggest that physicians could make improvements in reaching patients who smoke.
7. B. Another bad sign-the patient fondles a pack of cigarettes and refers to it as "my little friends." Patients who smoke over one pack-per-day benefit most from pharmacologic strategies to help them quit.

### Sources:

UpToDate, Burton Rose, Ed.

Primary Care Medicine, Goroll et al.