

Overview of Smoking Cessation in Canada

Abstract

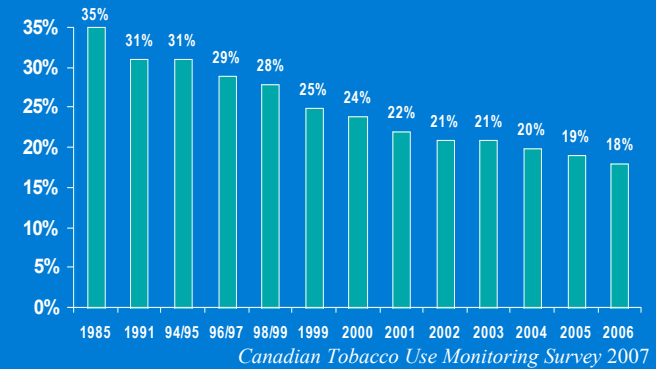
Smoking Cessation remains the “gold standard” of preventive practice. Yet physicians have been noted to be less than enthusiastic about providing this important clinical intervention, despite the presence of proven therapies and the overwhelming evidence of its importance in reducing morbidity and mortality. The clinical environment is changing (as is the social environment) and it is now recognized that systematic approaches to the identification of smokers, followed by a non-judgemental, personally relevant offer of assistance is the mainstay of clinical practice in this area. The 5 A's (Ask, Advise, Assess, Assist, Arrange) are as relevant as ever. Familiarity with community resources, the basic principles of motivational interviewing and an ability to appropriately prescribe and titrate pharmacotherapy for smoking cessation will dramatically improve a physician's ability to help his nicotine-addicted patients. The use of NRT, *bupropion*, and the new $\alpha 4\beta 2$ nicotinic receptor agonist *varenicline* afford smoking patients greatly enhanced opportunities to become smoke free. Overall smoking has declined significantly in Canada; today's smokers are arguably more addicted and may require more assistance in achieving cessation.



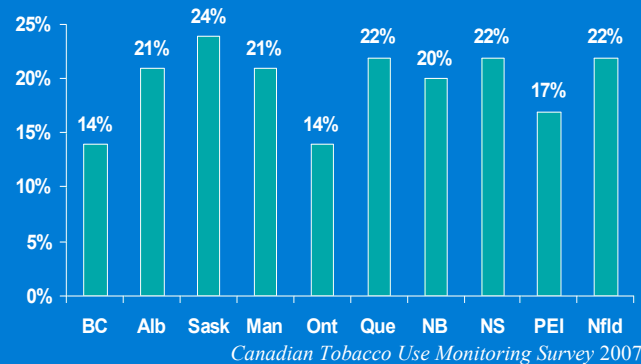
Smoking Cessation in Canada in the 21st Century

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Long-term trends in the prevalence of current smokers in Canada



Smoking prevalence by province, 2006



Today's smokers




Arguably more addicted and may require more assistance in achieving cessation



Projected Outcomes of Preventive Interventions

<i>Intervention</i>	<i>Lives Saved</i>	<i>NNT</i>
Smoking Cessation	328,400	9
Lipid Lowering	132,777	34
BP Control	63,282	31
ACE Inhibitors (CHF)	11,000	N/A
β Blockers (MI)	17,023	120
ASA (MI)	10,365	143
Coumadin (A.Fib)	3,418	2,014

Woolf AH. *JAMA* 1999;282:2358-65

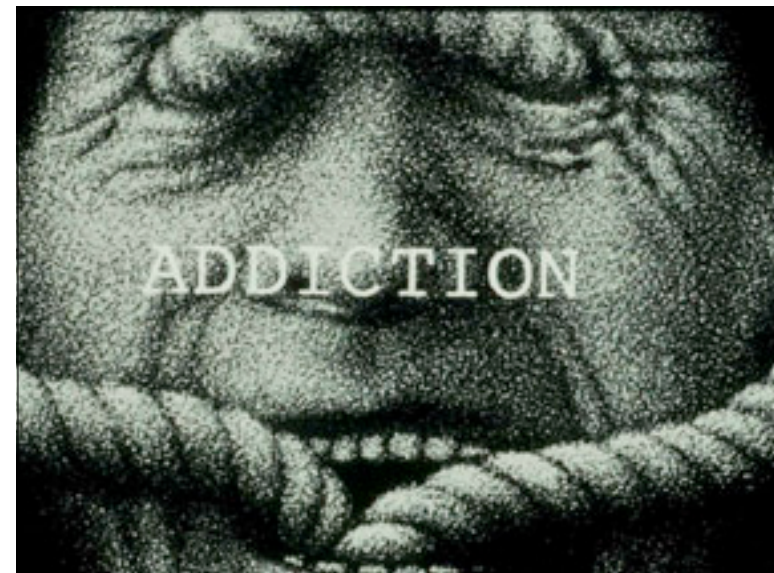


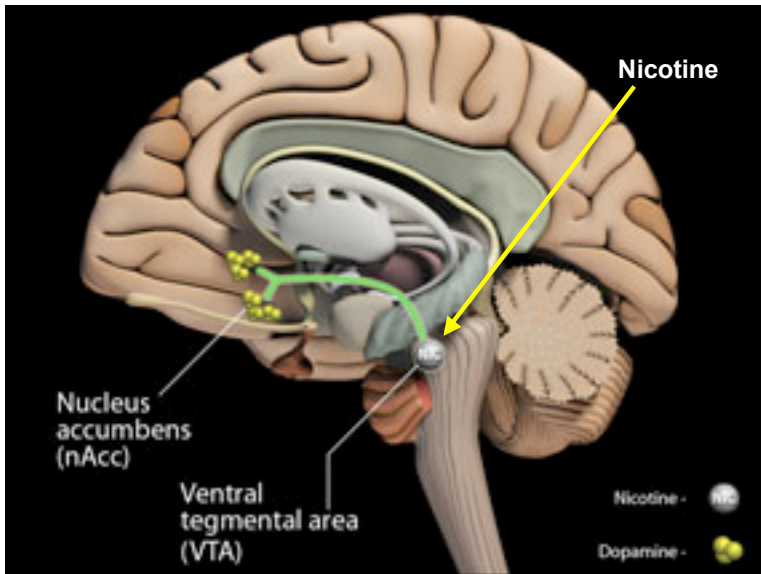
Cost Effectiveness

per life-year saved:

<i>Smoking Cessation</i>	<i>\$ 2,000 – 6,000</i>
<i>R_x of Hypertension</i>	<i>\$ 9,000 – 26,000</i>
<i>R_x of Hyperlipidemia</i>	<i>\$ 50,000 – 196,000</i>

Benowitz NL. *Prog Cardiovasc Dis* 2003;46:91-111





100% Smoke-free public places & workplaces

Manitoba
Ontario
Quebec
New Brunswick
Nova Scotia
Nunavut
NWT

