August 2012 Smoking Cessation Questions

1. Q: What are the first line medications for smoking cessation?

A: 1. Nicotine replacement therapy

1. Bupropion

 3. Nortriptyline

4. Varenicline

1. Q: How does Bupropion work?

A: 1. Blocks reuptake of dopamine and noradrenaline.

 2. Non-competitive inhibition of brain nicotine receptors.

1. Q: How effective is Bupropion for smoking cessation?

A: It doubles you odds of abstinence at 6 months or longer.

1. Q: What are the contraindications for using Bupropion for smoking cessation?

A: 1. History of head injury

 2. CNS tumour

 3. Seizures

4. Eating disorders

 5. Heavy alcohol use

1. Q: How does Nortriptyline work?

A: 1. It blocks the reuptake of NA and 5HTP.

1. Q: How effective is Nortriptyline for smoking cessation?

A: 1. As effective as Bupropion

 2. NNT 10 to 12

1. Q: What are the cautions for using Varenicline for smoking cessation?

A: It may exacerbate psychiatric illness.

1. Q: How effective is Varenicline for smoking cessation?

A: 1. Varenacline more than doubles your odds of abstinence at 6 months or

 longer.

1. Q: What are the second line smoking cessation drugs?

A: 1. Nortriptyline

2. Clonidine

1. Q: Name possible problems with using Clonidine for smoking cessation.

A: 1. Hypotension

 2. Rebound hypertension