

# Tobacco Use Treatment & Coaching

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# Funding Statement

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The Maryland Tobacco Control Resource Center is supported by Maryland Department of Health (MDH) Interagency Agreement PHPA-1991/OCMP#24-22180-G-OP1, awarded to the University of Maryland Baltimore by the MDH Center for Tobacco Prevention and Control. Paid for (in part) by Maryland Cigarette Restitution Funds.

This project was supported by grant PHPA – 1507 / BPM024177 from the Center for Tobacco Prevention and Control, Maryland Department of Health.

# Disclosures

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No disclosures

# Our Team

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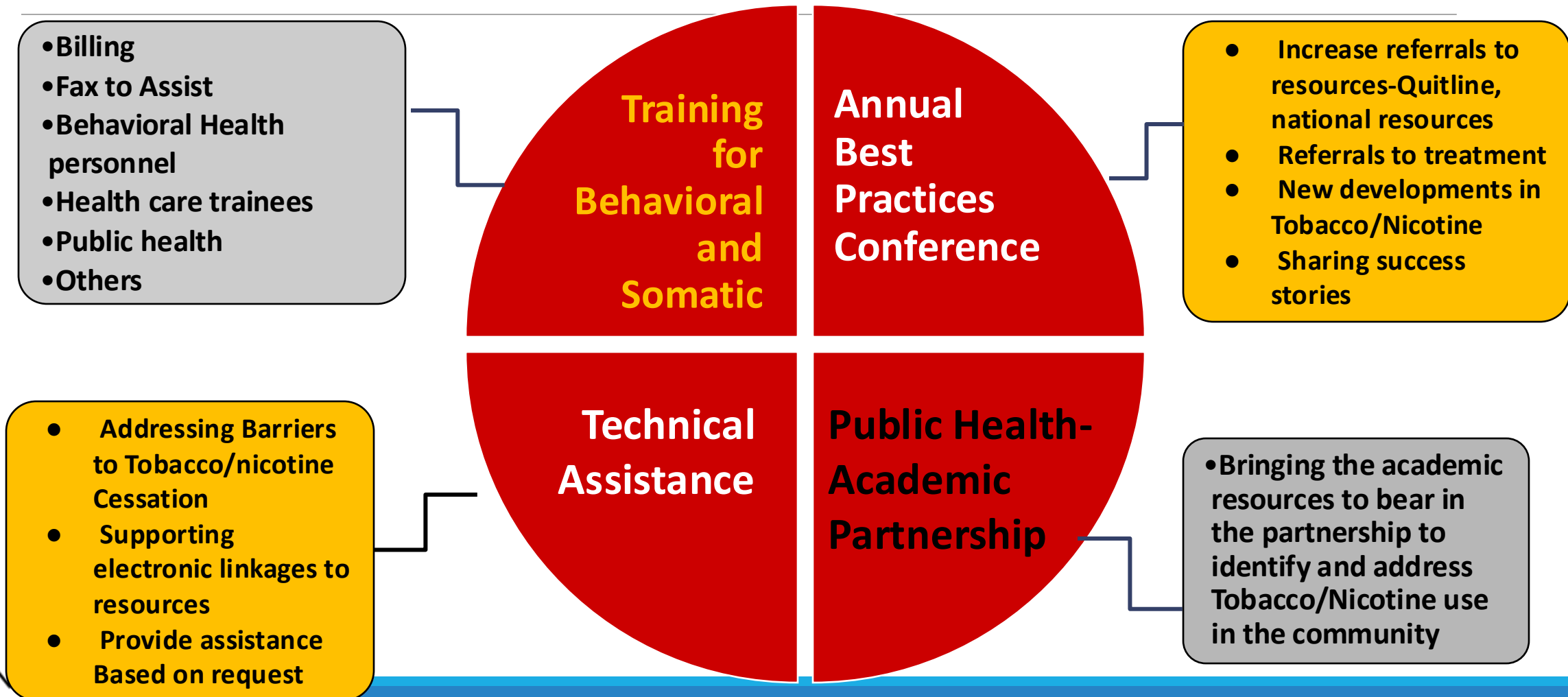
Carissa Kwan, MPH

Colleen Kernan, MPH



Acknowledgements: Kevin Cullen, MD; Sneha Bidaye, MBBS; Janet Chan, MPH; Amrita Ahuja, MPH; Adam Gaynor, MPH, Shreenidhi Sharma, MPH

# Maryland Tobacco Control Resource Center



# History of Tobacco Advertising



Believe me, folks, you'll want to read the important new evidence on the effects of smoking. There you'll see, as I do... **MUCH Milder CHESTERFIELD IS BEST FOR ME!**

*Walter Jenkins*

**NOW... Scientific Evidence on Effects of Smoking!**

A MEDICAL SPECIALIST'S\* in making regular bi-monthly examinations of a group of people from various walks of life. 45 percent of this group have smoked Chesterfield for an average of over ten years.

After ten months, the medical specialist reports that he observed:

- no adverse effects on the nose, throat and sinuses of the group from smoking Chesterfield.

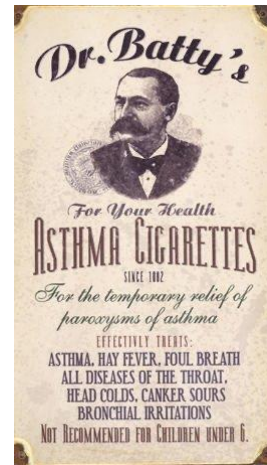
**MUCH Milder CHESTERFIELD IS BEST FOR YOU**

\*Chesterfield 1952, 1954 & 1956 Medical Co.

First and Only Premium Quality Cigarette in Both Regular and King-Size



CONTAINS TOBACCO OF BETTER QUALITY AND SHOULD PRICE THAN ANY OTHER KING-SIZE CIGARETTE.



**Dr. Batty's**

For Your Health  
**ASTHMA CIGARETTES**  
SINCE 1922

For the temporary relief of paroxysms of asthma

EFFECTIVE TREATS:  
ASTHMA, HAY FEVER, FOUL BREATH, ALL DISEASES OF THE THROAT, HEAD COLDS, CANKER SORES, BRONCHIAL IRRITATIONS

NOT RECOMMENDED FOR CHILDREN UNDER 6.



**Viceroy FILTER the Smoke!**

As your Dentist, I would recommend **VICEROYS**

38,381 DENTISTS SAY "SMOKE VICEROYS!"

**VICEROYS FILTER THE SMOKE!**

THE NICOTINE AND TAR TRAPPED BY THE VICEROY FILTER CAN NEVER STAIN YOUR TEETH!

1. Each puff of smoke passes through a screen of fine porosity of the filter that traps the nicotine and tar that trapped in your teeth and stains your teeth.

2. The nicotine and tar that trapped in your teeth and stains your teeth.

3. No tobacco crumbs can get in your mouth.

4. This filter is made as it's Viceroy's exclusive blend of fine domestic and imported tobaccos.

19,283 DENTISTS ADVISE "SMOKE VICEROYS!"

Smoke all you want. **SMOKE VICEROYS!**

THE NICOTINE AND TAR TRAPPED BY THE VICEROY FILTER CAN NEVER STAIN YOUR TEETH!

**FAKE NEWS**



According to repeated nationwide surveys,

**More Doctors Smoke CAMELS than any other cigarette!**

Doctors in every branch of medicine were asked, "What cigarette do you smoke?"

The brand named most was Camel!

THE DOCTORS' CHOICE IS AMERICA'S CHOICE!

For 30 days, test Camels in your "T-Zone" (T for Throat, T for Taste).



"I'm going to grow a hundred years old!"

...and possibly the way - for the amazing strides of medical science have added years to life expectancy.

It's a fact - a warm, wonderful fact - that the ten-year-old child, or your own child, has a life expectancy almost a whole decade longer than was his mother's, and a good 10 to 20 years longer than that of her grandmother. Not only the expectation of a longer life, but a life to be lived.

Think medical science for that. Think your three and thousands like him - rising steadily... that you and yours may enjoy a longer, better life.

According to a recent Nationwide survey:

**More Doctors smoke Camels than any other cigarette!**

NOT ONE but three outstanding independent research organizations conducted this survey. And they asked not just a few thousand, but 111,000, doctors from coast to coast to name the cigarette they themselves preferred to smoke.

Doctors came in by the thousands... from general physicians, diagnosticians, surgeons, men and women specialists too. The most named brand was Camel. If you are not now smoking Camels, try them. Let your "T-Zone" tell you (see right).

**CAMELS** *Catkins* *Tobacco*

THE "T-ZONE" DOES WELL TELL YOU

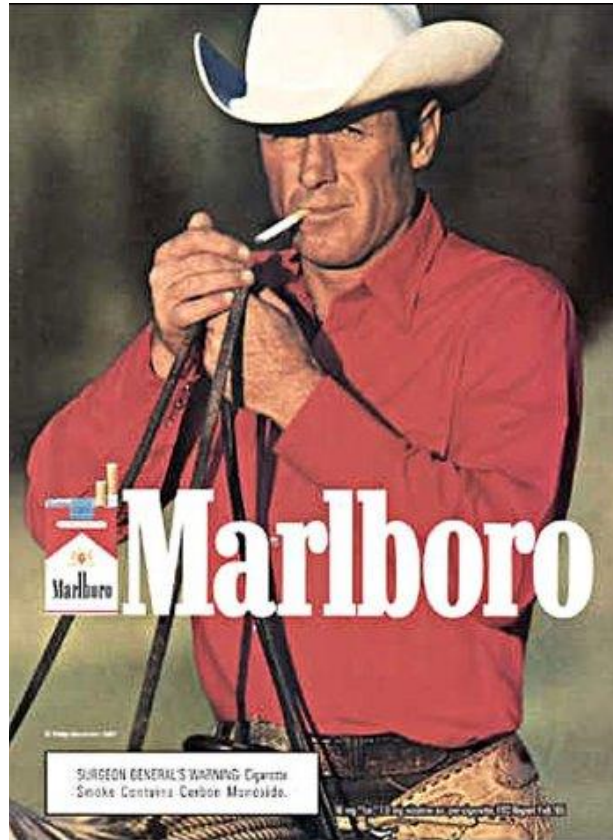
The "T-Zone" is the nose and I for throat - in your own smoking period. Only your nose and throat can tell which cigarette name has the right... that's where your throat.

SRITA - Stanford Research into the Impact of Tobacco Advertising. (n.d.).  
Stanford Research Into the Impact of Tobacco Advertising.  
<https://tobacco.stanford.edu/>

# Robert Norris

## The Marlboro Man Who Never Smoked

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Spencer, D. (2024, January 2). The Peculiar Truth about the Marlboro Man - The Peculiar Truth - Medium. *Medium*.

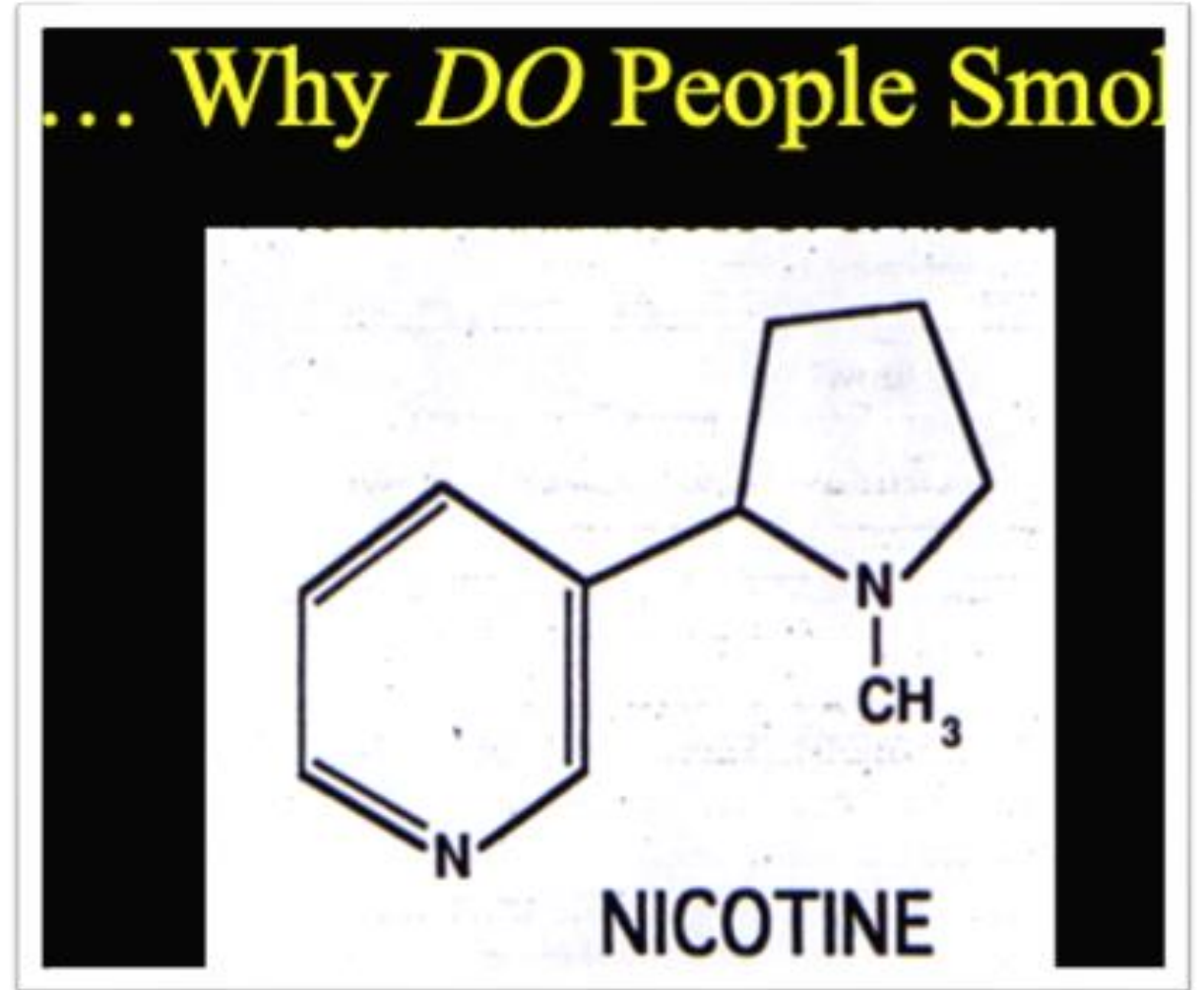
<https://medium.com/the-peculiar-truth/the-peculiar-truth-about-the-marlboro-man-69861cf7a56b>

# A smoke-free world? Vapes and pouches



*Smok Vapes.* (n.d.).  
<https://technofaq.org/wp-content/uploads/2020/03/smok-x-priv-kit-2-2.jpeg>  
*SRITA - Stanford Research into the Impact of Tobacco Advertising.* (n.d.). Stanford Research Into the Impact of Tobacco Advertising.  
<https://tobacco.stanford.edu/>







THE MAGIC HAPPENS HERE...

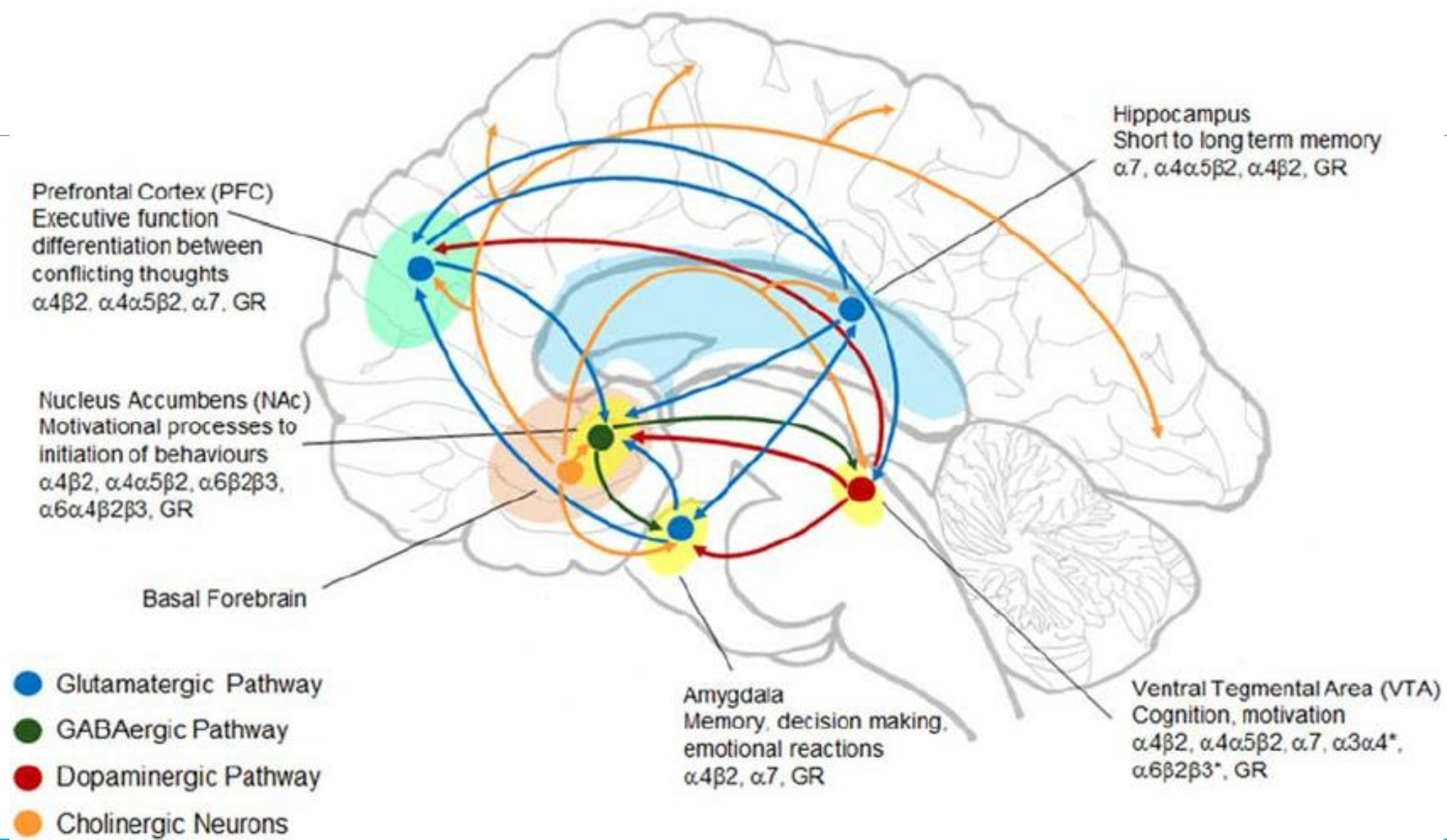


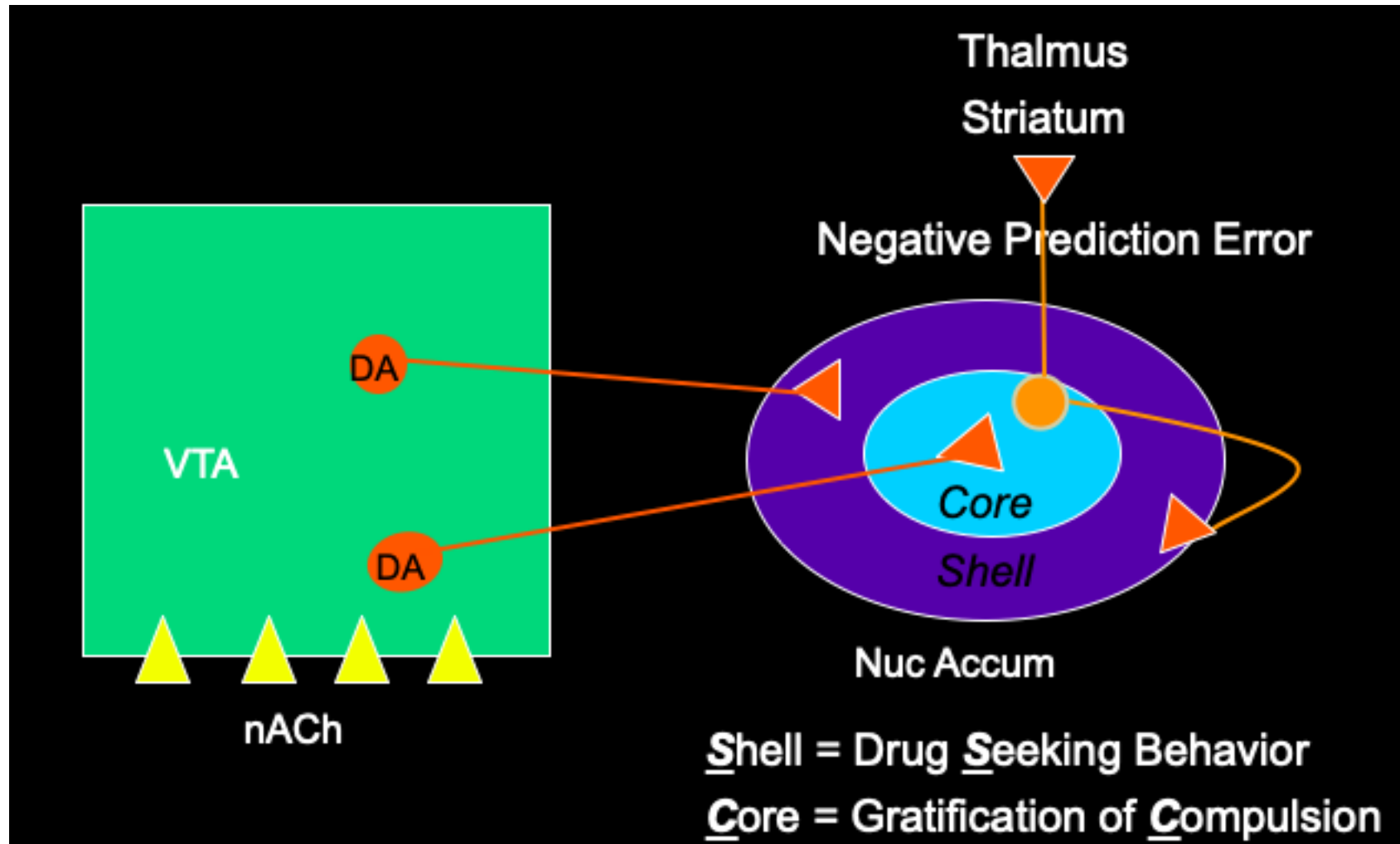
# The Nature of Nicotine's Special Effect on the Brain

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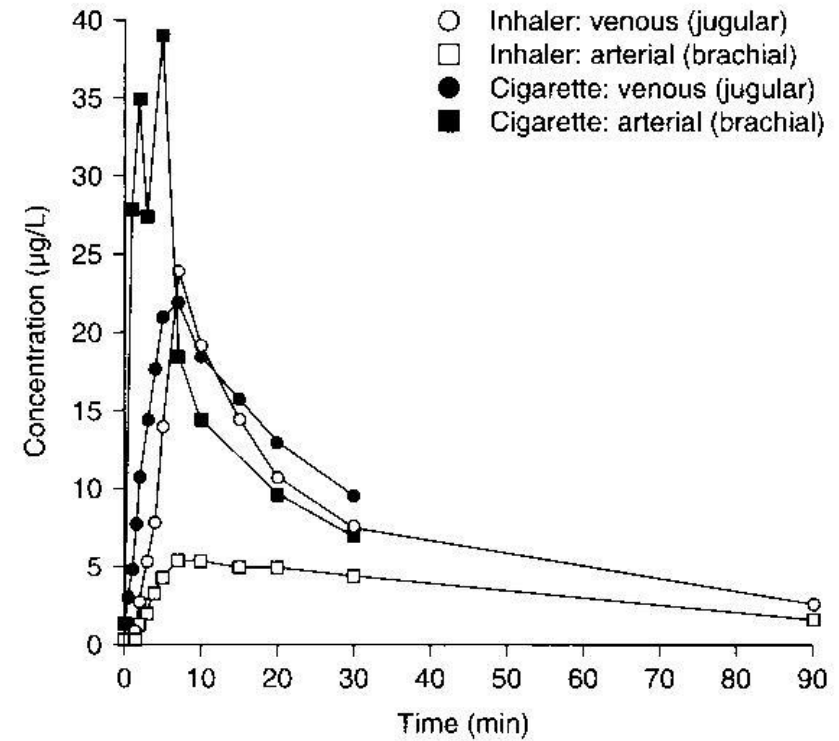
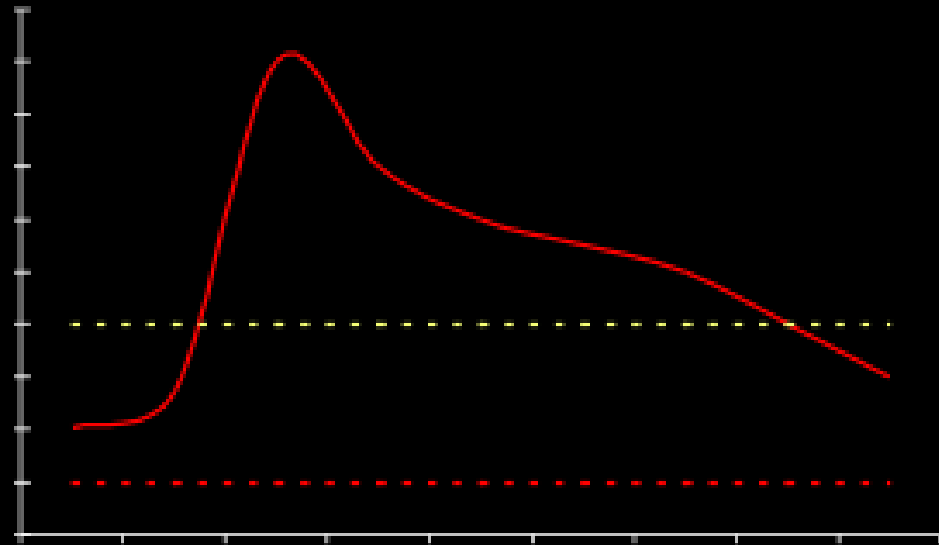
- Hijacking Survival Instincts
- Creating compulsion: The strong connections between environment and behavior
- The Connection to Emotion
- Cigarettes and vapes as highly engineered nicotine delivery devices
- Smoking/vaping - addiction is a chronic disease

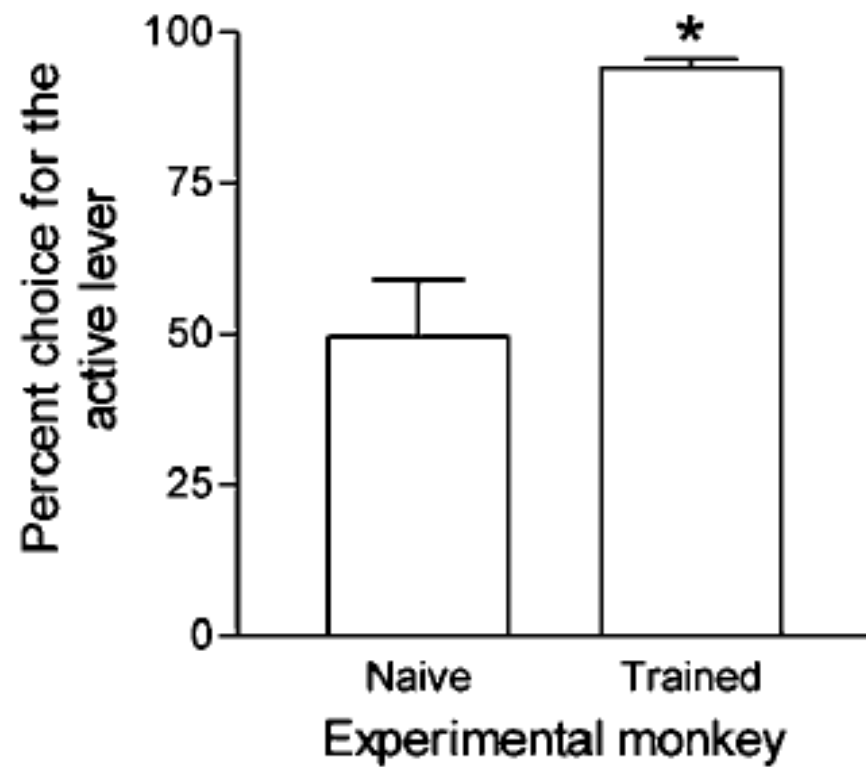
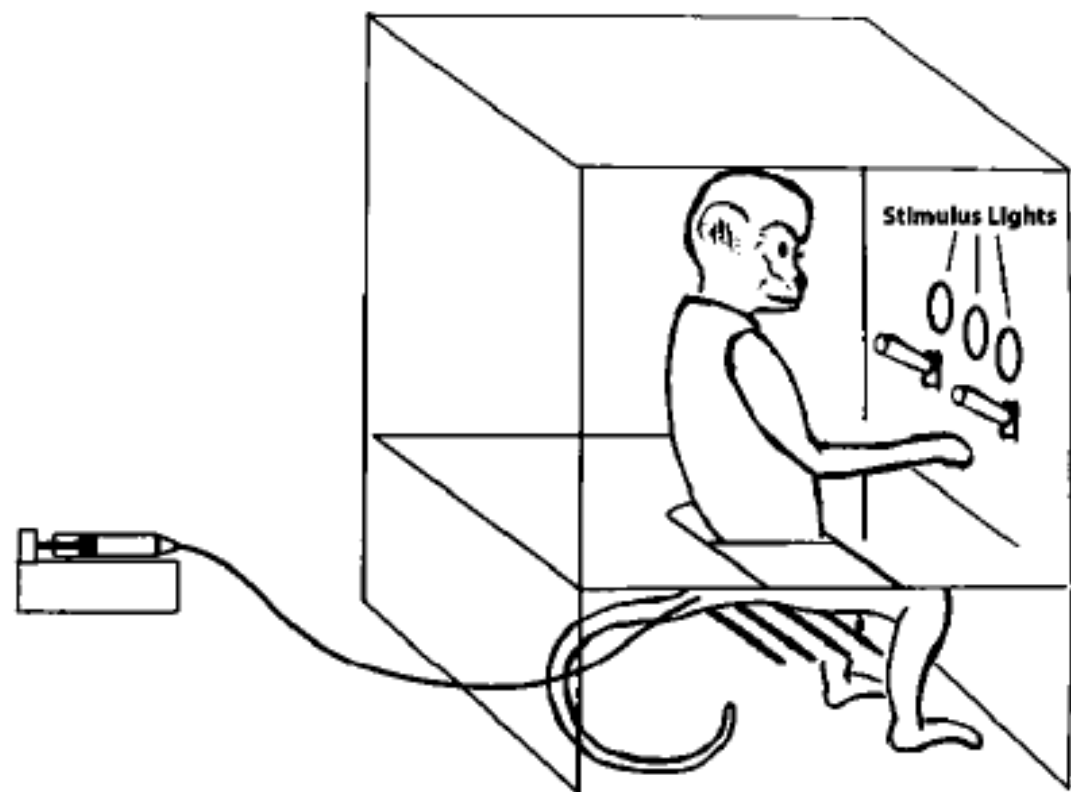
Clin Pulm Med. 2012 March 1; 19(2): 53–61.  
doi:10.1097/CPM.0b013e318247cada.

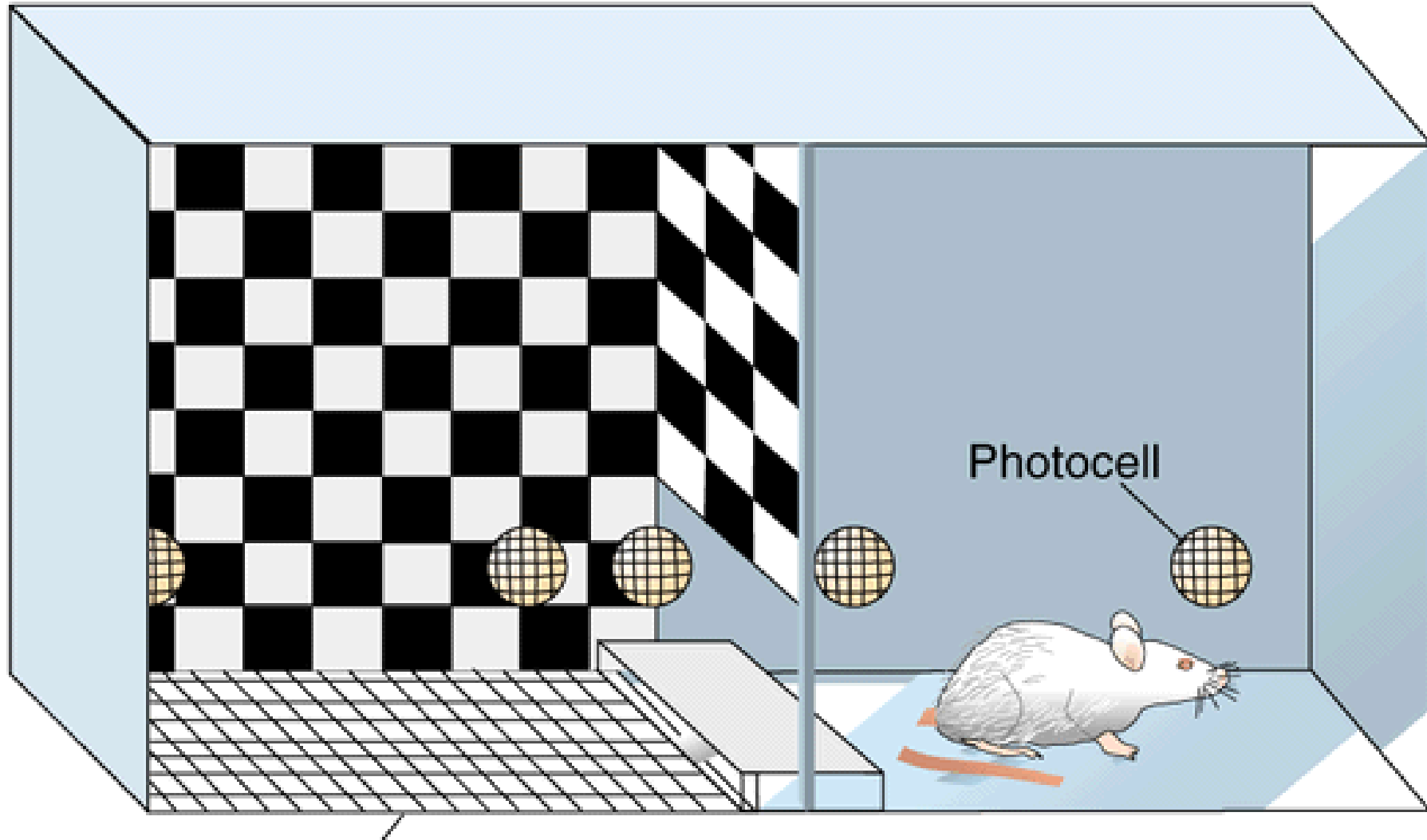




## VTA Responds to Rate of Change







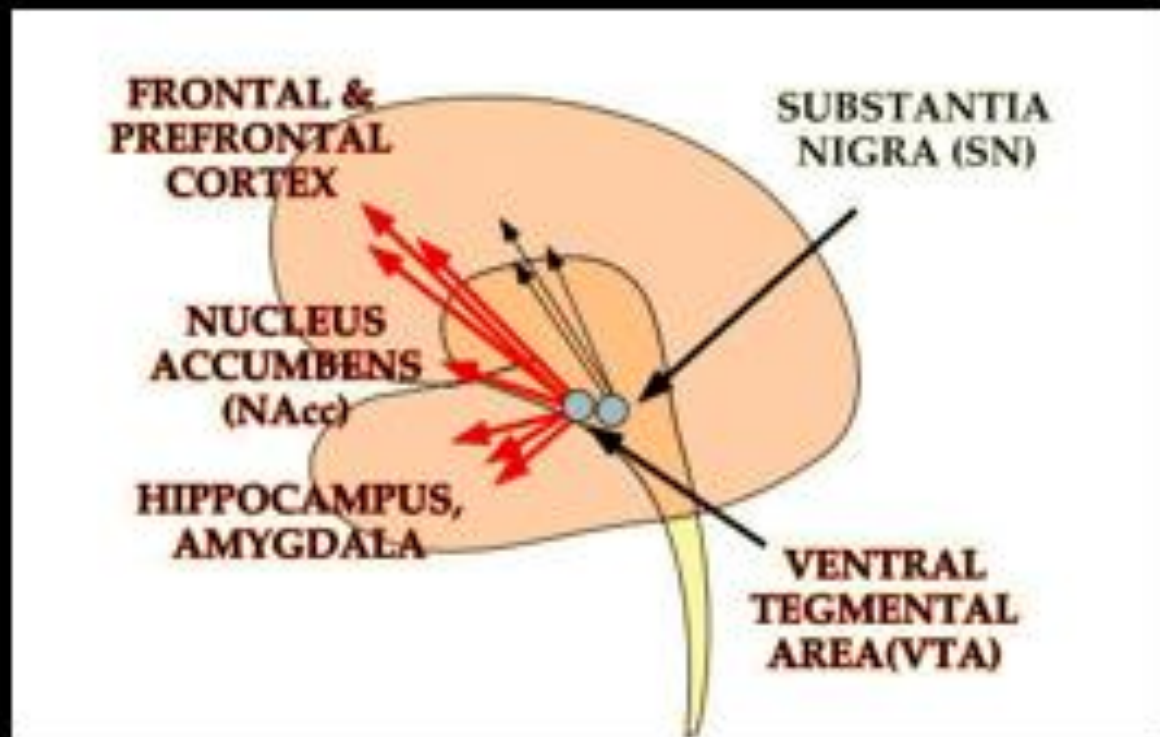


# Mesolimbic Dopaminergic system

Emotion

Motivation

Memory



*Added chemicals expand the lungs' airways, making it easier for tobacco smoke to pass into the lungs.*

### **Increased Nicotine**

*Tobacco companies control the delivery and amount of nicotine to ensure addiction*

*Added flavors like liquorice and chocolate mask the harshness of smoke and make products more appealing to new users, especially kids.*

### **Tobacco-specific Nitrosamines**

*American-style cigarettes are made with blended tobacco that has much higher levels of cancer-causing nitrosamines.*

### **Ammonia Compounds**

*Adding ammonia compounds increases the speed with which nicotine hits the brain.*

### **Menthol**

*Menthol cools and numbs the throat to reduce irritation and make smoke feel smoother.*

### **Ventilated Filters**

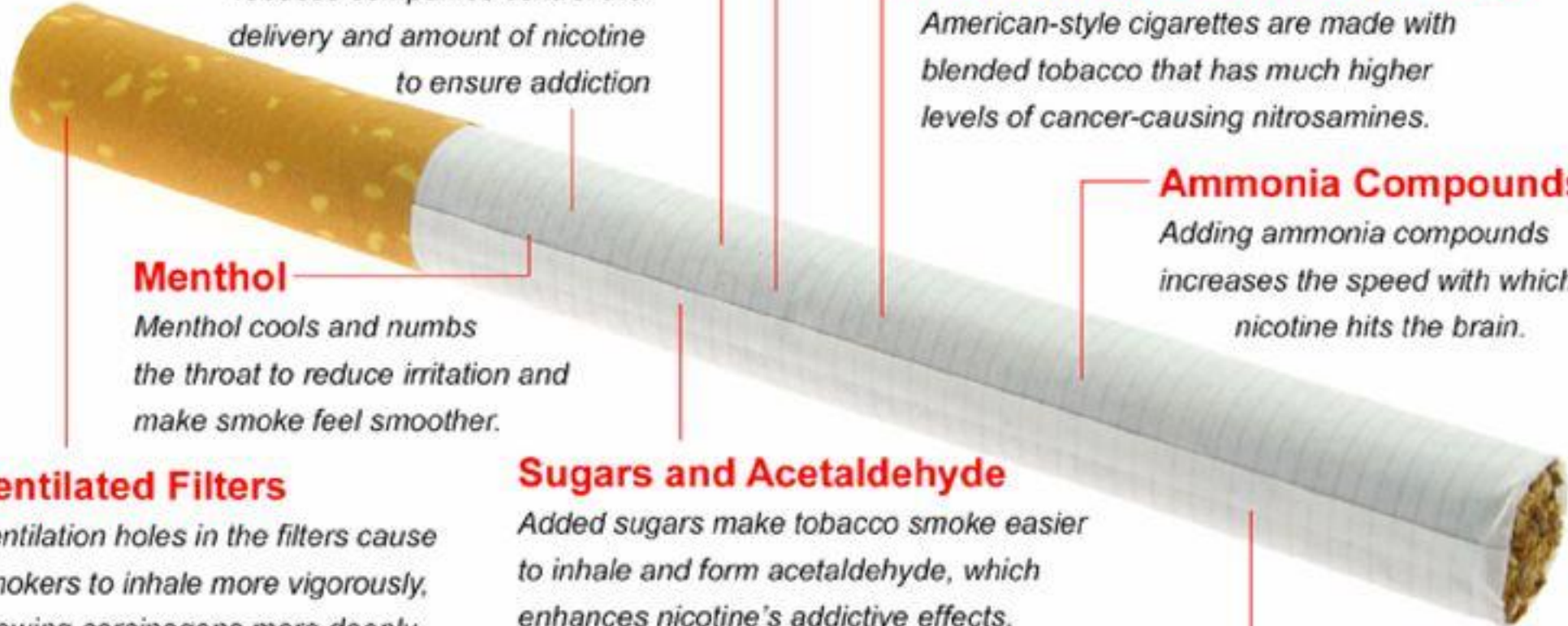
*Ventilation holes in the filters cause smokers to inhale more vigorously, drawing carcinogens more deeply into the lungs.*

### **Sugars and Acetaldehyde**

*Added sugars make tobacco smoke easier to inhale and form acetaldehyde, which enhances nicotine's addictive effects.*

### **Levulinic Acid**

*Added organic acid salts reduce*



Editor

OR:

# Long term changes

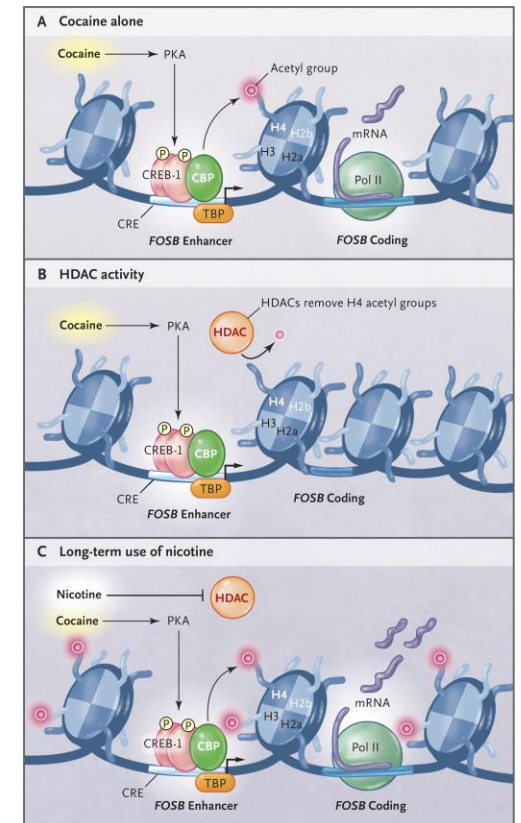
Increased neuronal arborization

Increased density of nicotinic receptors

Increased sensitivity of receptor ion channels

Changes gene expression

- Neuronal protein synthesis increases
- Neurotransmitter synthesis increases



# Treatments

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## 1-2 controller medications

- Chantix/varenicline
- Wellbutrin/bupropion
- Nicotine patch

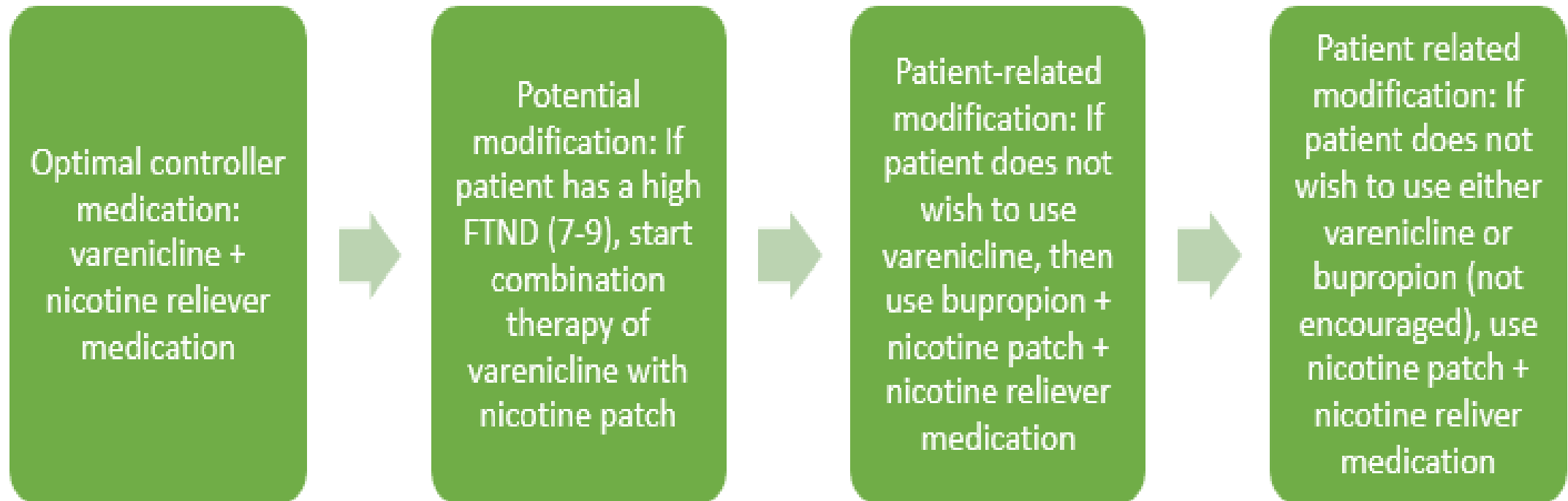
## 1 rescue medication

- ~~Nicotine inhaler~~
- Nicotine lozenge
- Nicotine gum
- Nicotine nasal spray



# How do you choose?

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# Medications

## CONTROLLER-

- Nicotine patch 7 mg, 14 mg, 21 mg – Always use 21 mg unless patient intolerance
- Wellbutrin-Bupropion – 150 mg SR
- Varenicline-Chantix 0.5 mg- 1 mg

## RELEIVER

- Nicotine gum 2: mg, 4 mg
- Nicotine lozenge: 2 mg, 4 mg
- Nicotine nasal spray 10 mg
- Nicotine inhaler 10 mg

# Nicotine replacement Therapy(NRT)

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Why isn't there a nicotine pill?-undergoes first pass metabolism hence need a toxic amount for it to work

Patch

Gum- **DON'T CHEW IT**

Lozenge-**DON'T SUCK ON IT**

Nasal spray

Oral inhaler



# Bupropion Sustained Release

Wellbutrin tablet twice a day after 150 mg daily for 3 days

Average Seizure rate is still

less than the 1:1000

Re-uptake inhibitor of dopamine and/or norepinephrine;  
unclear in smoking cessation

## BUPROPION SR

**Zyban<sup>1</sup>, Generic**

Rx

150 mg sustained-release tablet

- Concomitant therapy with medications/ conditions known to lower the seizure threshold
- Hepatic impairment
- Pregnancy<sup>3</sup> and breastfeeding
- Adolescents (<18 years)
- Treatment-emergent neuropsychiatric symptoms<sup>4</sup>

**BOXED WARNING REMOVED 12/2016**

### **CONTRAINDICATIONS:**

- Seizure disorder
- Concomitant bupropion (e.g., Wellbutrin) therapy
- Current or prior diagnosis of bulimia or anorexia nervosa
- Simultaneous abrupt discontinuation of alcohol or sedatives/benzodiazepines
- MAO inhibitors in preceding 14 days; concurrent use of reversible MAO inhibitors



# Varenicline/APO-VARENICLINE

Starting pack and continuing pack-when it was Chantix

Safe to take for 6 months

Worst side effect nausea need to take with **food**

It causes sustained increase in chemical levels, which provides relief from nicotine craving and withdrawal symptoms that are caused by low levels of chemical during stopping attempts

## VARENICLINE

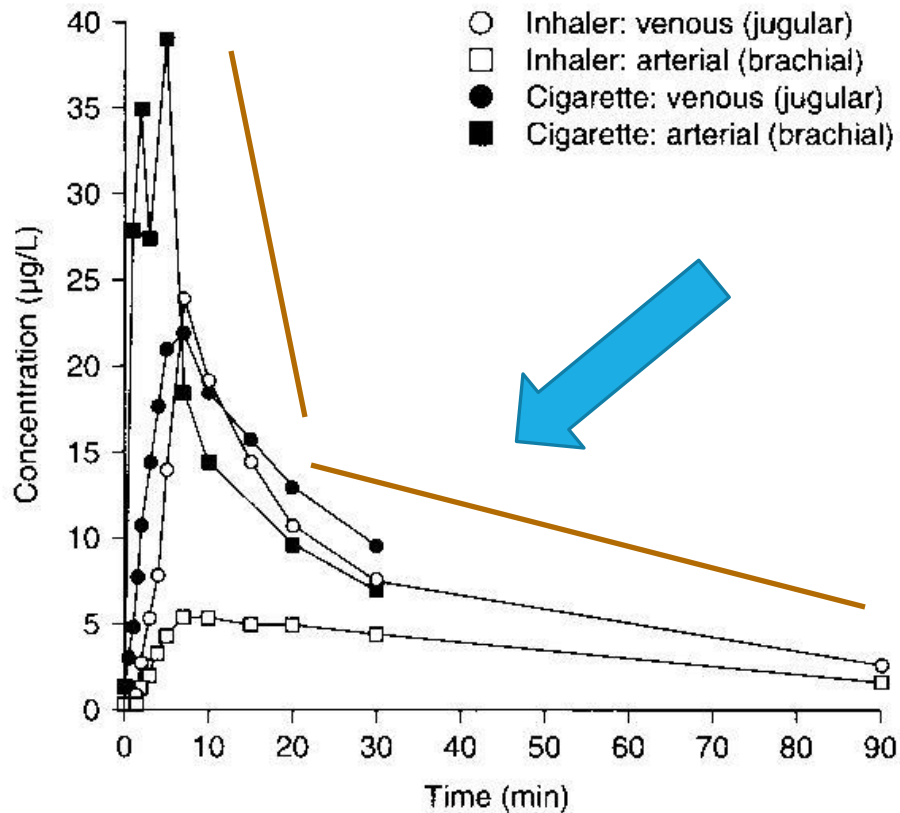
Chantix<sup>2</sup>

Rx

0.5 mg, 1 mg tablet

- Severe renal impairment (dosage adjustment is necessary)
- Pregnancy<sup>3</sup> and breastfeeding
- Adolescents (<18 years)
- Treatment-emergent neuropsychiatric symptoms<sup>4</sup>

**BOXED WARNING REMOVED 12/2016**



- Baseline nicotine levels produced by smoking are higher than patch
- Arterial levels of nicotine are 6-10x higher in smokers than patch / gum
- Because of rapid delivery in smoking, CV effects are greater with cigs than NRT)
- Pts using NRT who continue to smoke reproduce their baseline nicotine levels, not higher



# Myths

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Quit dates

Willpower

Victimization

Don't smoke with NRT

Shaming helps

# Coaching

- Education reinforcement
- Patients may not have other support systems
- Motivational interviewing to empower patient
- Coaching helps patients with:
  - Insurance barriers
  - Managing side effects
  - Addressing triggers
  - Adhering to the treatment plan

## OARS

### Key Skills in Motivational Interviewing

**O** **OPEN QUESTIONS**  
to explore concerns, promote collaboration, and understand the client's perspective.



**A** **AFFIRMATIONS**  
to support strengths, convey respect.



**R** **REFLECTIVE LISTENING**  
to explore deeper, convey understanding, deflect discord, elicit change talk.



**S** **SUMMARIZE**  
to organize discussion, clarify motivation, provide contrast, focus the session and highlight change talk.



# Craving Management

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TAKE THE MEDS



DELAY AND  
DISTRACT

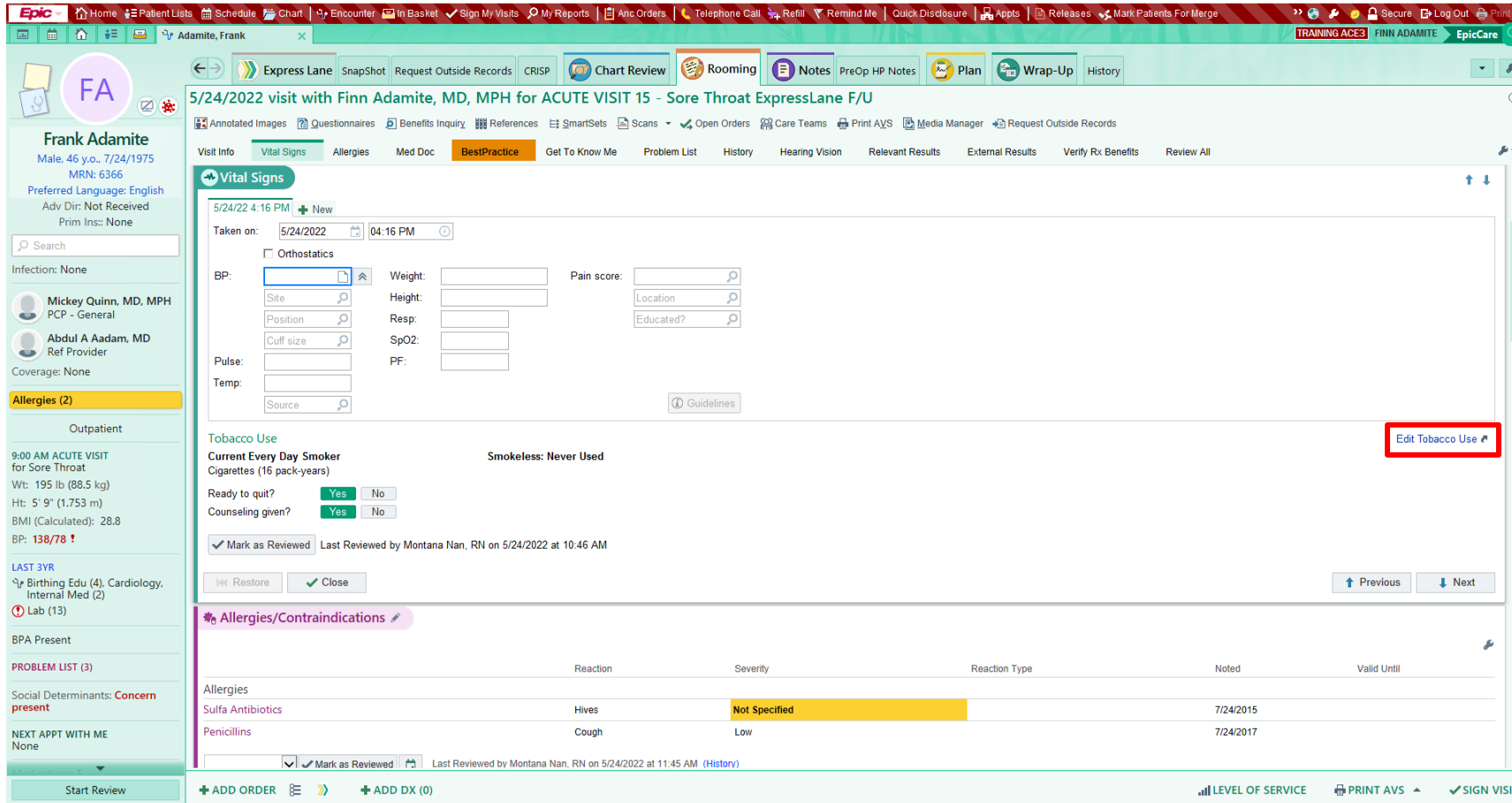


MOVE YOUR  
BODY



STAY BUSY!

# Epic Tools at UMMS



**Frank Adamite**  
Male, 46 y.o., 7/24/1975  
MRN: 6366  
Preferred Language: English  
Adv Dir: Not Received  
Prim Ins: None

**5/24/2022 visit with Finn Adamite, MD, MPH for ACUTE VISIT 15 - Sore Throat ExpressLane F/U**

**Vital Signs**  
Taken on: 5/24/2022 04:16 PM

**Tobacco Use**  
Current Every Day Smoker  
Cigarettes (16 pack-years)      Smokeless: Never Used

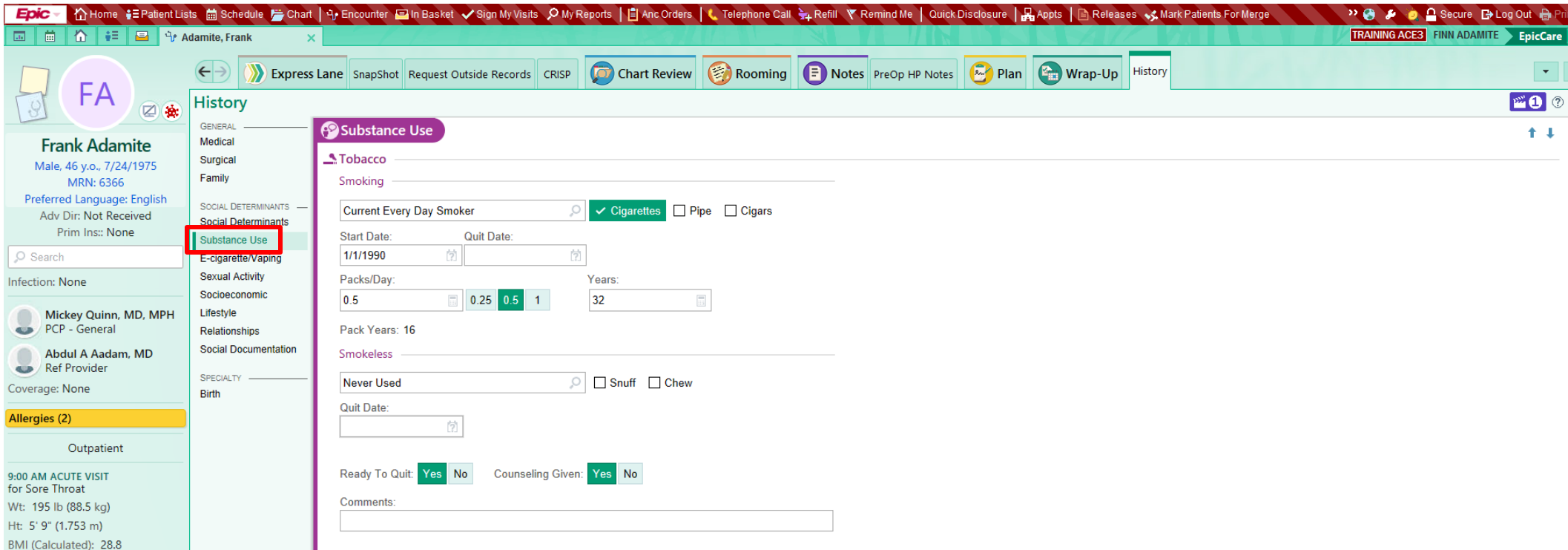
Ready to quit?  Yes  No  
Counseling given?  Yes  No

**Edit Tobacco Use**

**Allergies/Contraindications**

Allergies	Reaction	Severity	Reaction Type	Noted	Valid Until
Sulfa Antibiotics	Hives	Not Specified		7/24/2015	
Penicillins	Cough	Low		7/24/2017	

# 1. Document tobacco history



The screenshot displays the Epic EMR interface for patient Frank Adamite. The left sidebar shows patient information: Frank Adamite, Male, 46 y.o., 7/24/1975, MRN: 6366, Preferred Language: English, Adv Dir: Not Received, Prim Ins: None. The main content area is titled "History" and includes a "Substance Use" tab. The "Substance Use" section is expanded to show "Tobacco" history. Under "Smoking", the patient is a "Current Every Day Smoker" using "Cigarettes". The start date is 1/1/1990, and the pack years are 16. Under "Smokeless", the patient is "Never Used". The interface also shows a "Ready To Quit" status of "Yes" and "Counseling Given" status of "Yes".

**Substance Use**

**Tobacco**

**Smoking**

Current Every Day Smoker  Cigarettes  Pipe  Cigars

Start Date: 1/1/1990 Quit Date:

Packs/Day: 0.5 0.25 0.5 1 Years: 32

Pack Years: 16

**Smokeless**

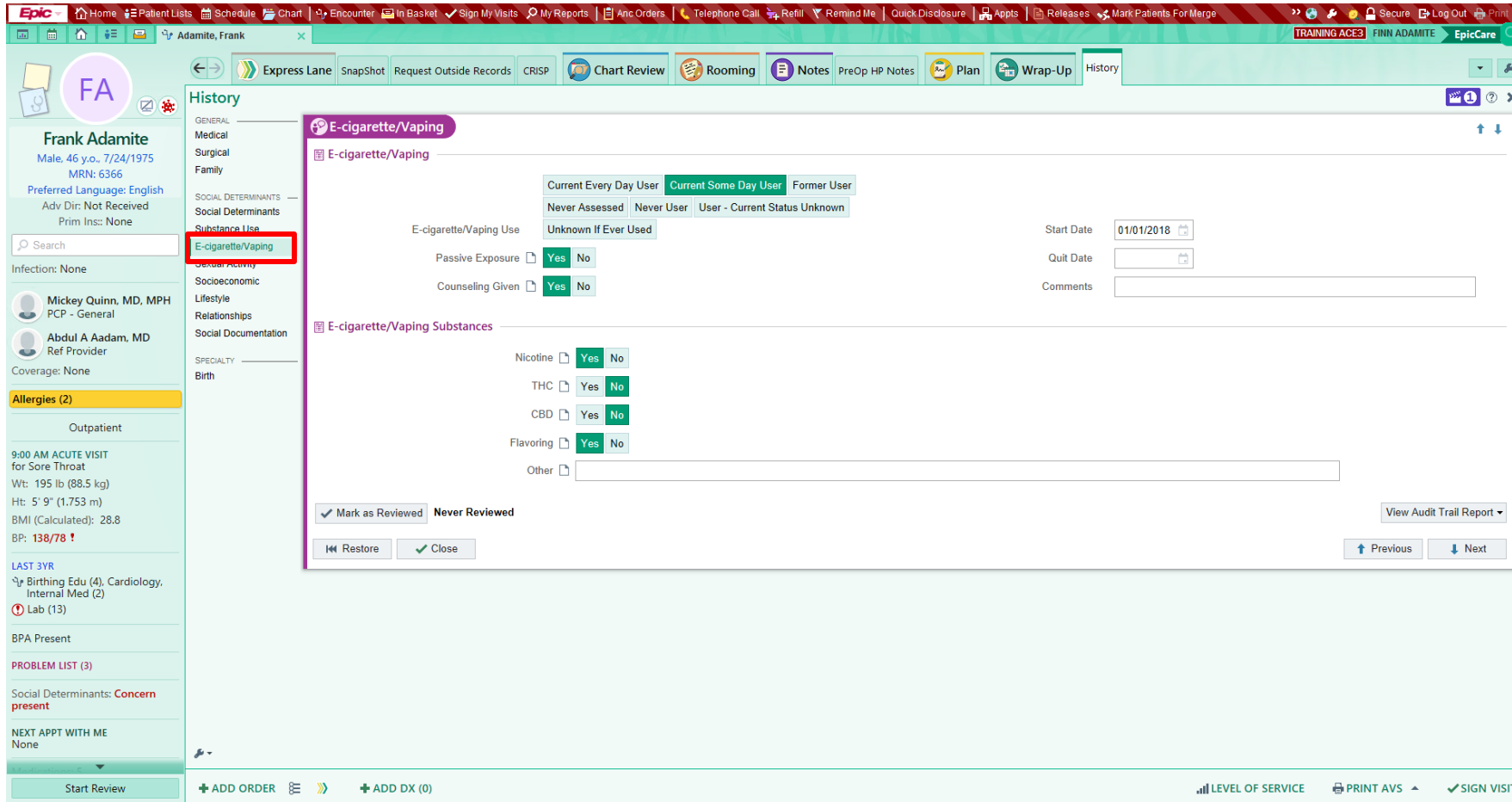
Never Used  Snuff  Chew

Quit Date:

Ready To Quit: Yes No Counseling Given: Yes No

Comments:

# 2. Document vaping history



**Frank Adamite**  
Male, 46 y.o., 7/24/1975  
MRN: 6366  
Preferred Language: English  
Adv Dir: Not Received  
Prim Ins: None

**E-cigarette/Vaping**

Current Every Day User  Current Some Day User  Former User   
 Never Assessed  Never User  User - Current Status Unknown

E-cigarette/Vaping Use:  Unknown If Ever Used

Passive Exposure  Yes  No  
 Counseling Given  Yes  No

Start Date: 01/01/2018  
 Quit Date:   
 Comments:

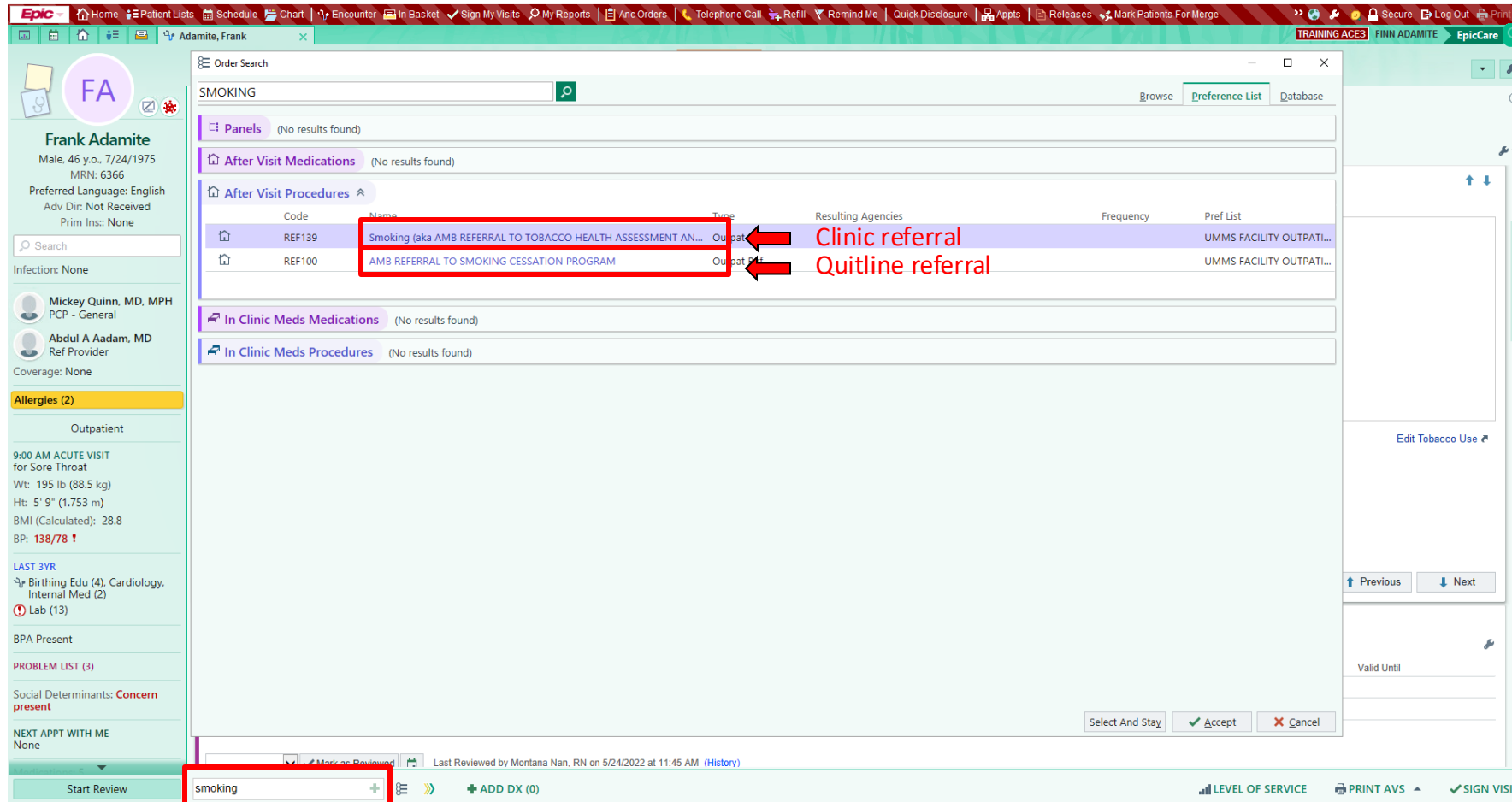
**E-cigarette/Vaping Substances**

Nicotine  Yes  No  
 THC  Yes  No  
 CBD  Yes  No  
 Flavoring  Yes  No  
 Other:

Mark as Reviewed  **Never Reviewed**



# 3. Type “smoking” into order box

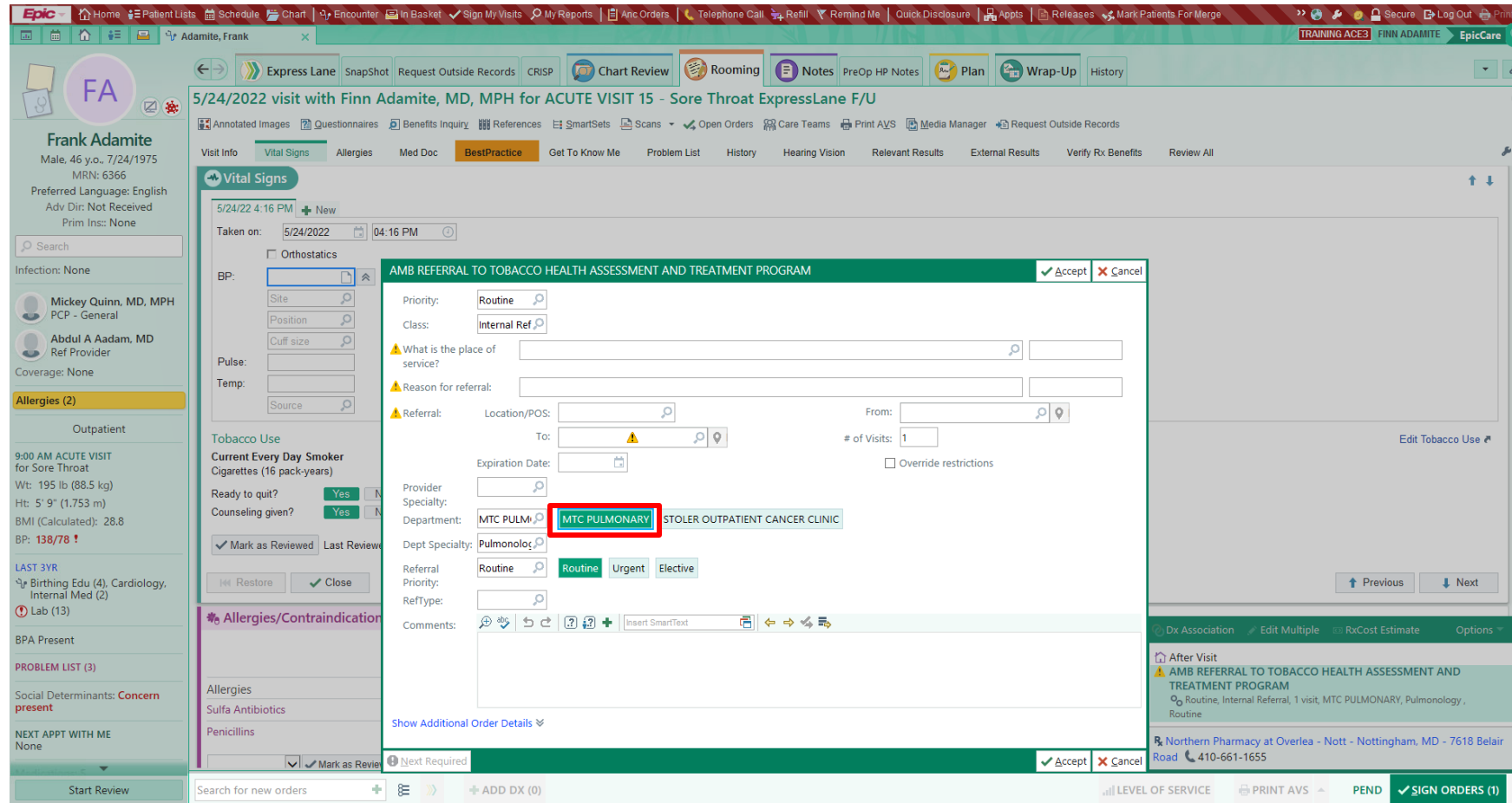


The screenshot shows the Epic EMR interface for patient Frank Adamite. The search bar contains 'SMOKING'. The results are categorized under 'After Visit Procedures'. Two results are listed:

Code	Name	Time	Resulting Agencies	Frequency	Pref List
REF139	Smoking (aka AMB REFERRAL TO TOBACCO HEALTH ASSESSMENT AN...	Outpat			UMMS FACILITY OUTPATI...
REF100	AMB REFERRAL TO SMOKING CESSATION PROGRAM	Outpat			UMMS FACILITY OUTPATI...

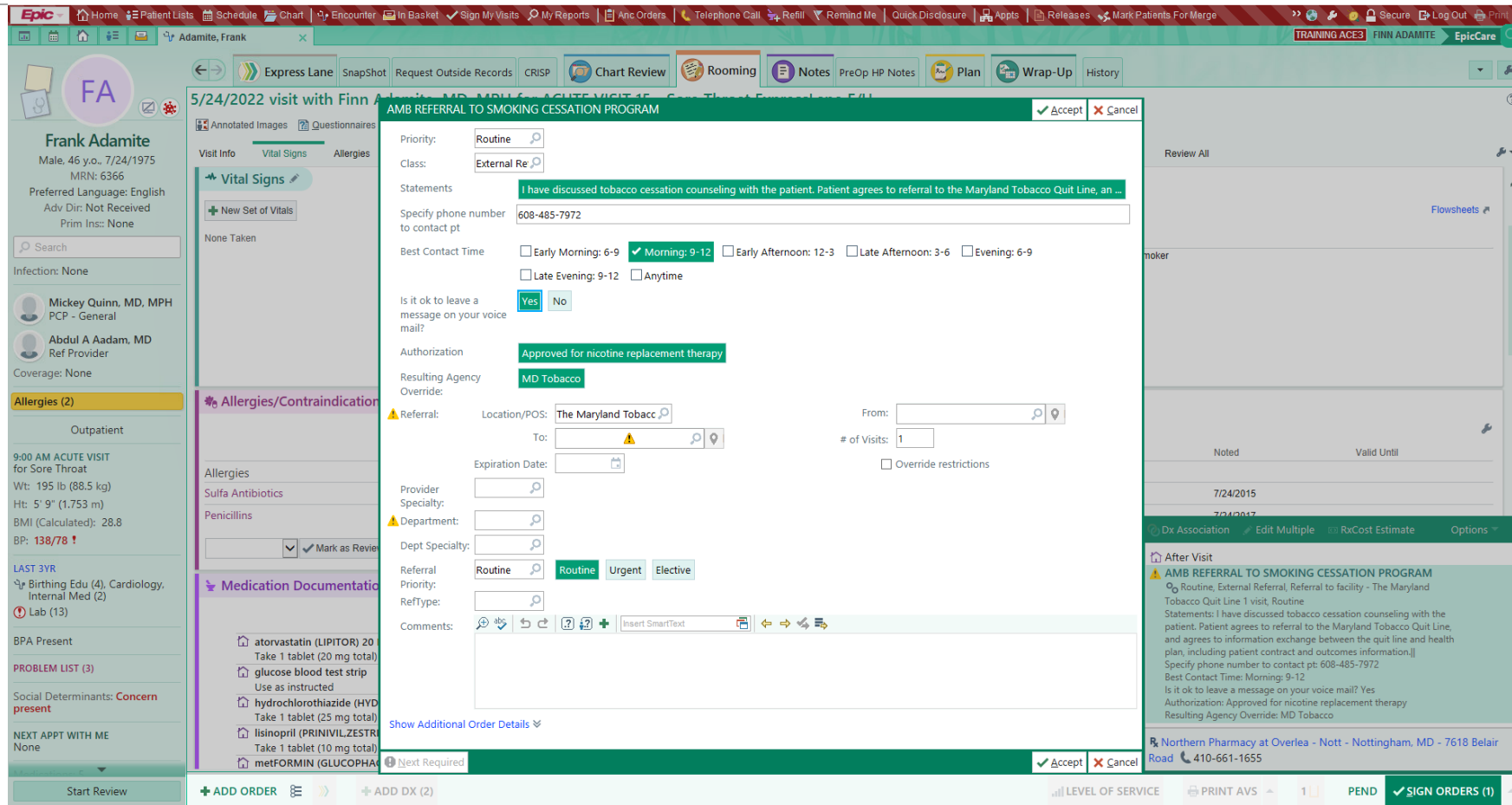
Red boxes highlight the search bar and the two results. Red arrows point from the text 'Clinic referral' to the first result and 'Quitline referral' to the second result. At the bottom of the screen, the word 'smoking' is entered into a text box, also highlighted with a red box.

# 4. Choose MTC Pulmonary and click Accept



The screenshot displays the Epic EMR interface for a patient named Frank Adamite. The main window shows a referral form titled "AMB REFERRAL TO TOBACCO HEALTH ASSESSMENT AND TREATMENT PROGRAM". The form includes fields for Priority (Routine), Class (Internal Ref), and Referral (Location/POS, To, Expiration Date, Provider Specialty, Department, Dept Specialty, Referral Priority, RefType, and Comments). The Department field is set to "MTC PULM" and "MTC PULMONARY" is highlighted with a red box. The Referral Priority is set to "Routine". The form also includes "Accept" and "Cancel" buttons at the bottom right. The left sidebar shows patient information, including name, date of birth, MRN, and a list of providers. The bottom of the screen shows a navigation bar with "Accept" and "Cancel" buttons, and a "SIGN ORDERS (1)" button.

# 5. Quitline referral



**AMB REFERRAL TO SMOKING CESSATION PROGRAM**

Priority: Routine  
Class: External Referral

Statements: I have discussed tobacco cessation counseling with the patient. Patient agrees to referral to the Maryland Tobacco Quit Line, an...

Specify phone number to contact pt: 608-485-7972

Best Contact Time:  Morning: 9-12

Is it ok to leave a message on your voice mail?  Yes

Authorization: Approved for nicotine replacement therapy

Resulting Agency Override: MD Tobacco

Referral: Location/POS: The Maryland Tobacc...  
To: ...  
# of Visits: 1

Referral Priority: Routine

Comments: [Empty text area]

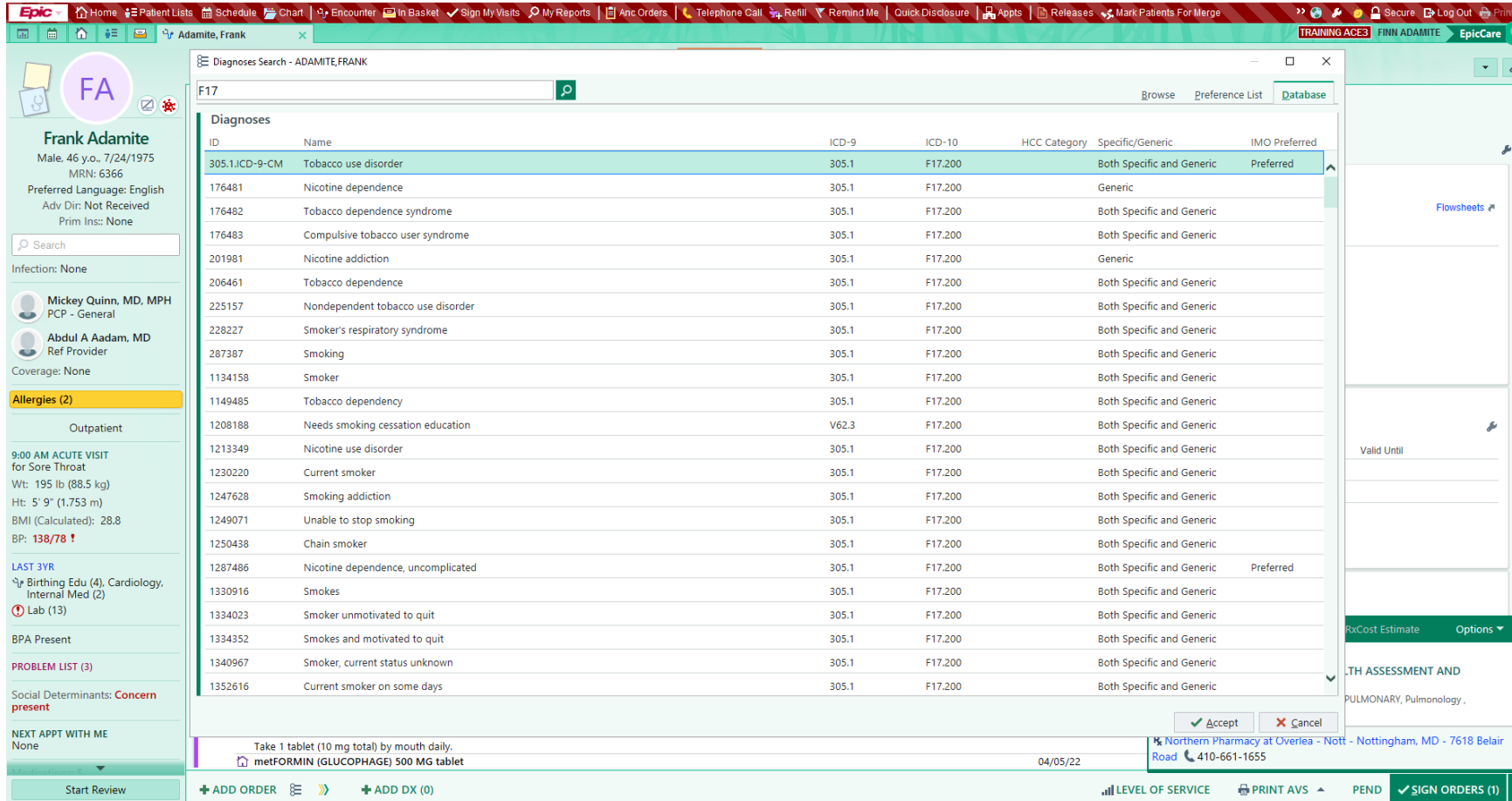
**Summary Panel:**

- AMB REFERRAL TO SMOKING CESSATION PROGRAM
- Qg Routine, External Referral, Referral to facility - The Maryland Tobacco Quit Line 1 visit, Routine
- Statements: I have discussed tobacco cessation counseling with the patient. Patient agrees to referral to the Maryland Tobacco Quit Line, and agrees to information exchange between the quit line and health plan, including patient contract and outcomes information.[]
- Specify phone number to contact pt: 608-485-7972
- Best Contact Time: Morning: 9-12
- Is it ok to leave a message on your voice mail? Yes
- Authorization: Approved for nicotine replacement therapy
- Resulting Agency Override: MD Tobacco

**Orders:**

- Northern Pharmacy at Overlea - Nott - Nottingham, MD - 7618 Belair Road 410-661-1655

# 6. Choose any tobacco-related diagnosis



**Diagnoses Search - ADAMITE,FRANK**

F17

ID	Name	ICD-9	ICD-10	HCC Category	Specific/Generic	IMO Preferred
305.1.ICD-9-CM	Tobacco use disorder	305.1	F17.200		Both Specific and Generic	Preferred
176481	Nicotine dependence	305.1	F17.200		Generic	
176482	Tobacco dependence syndrome	305.1	F17.200		Both Specific and Generic	
176483	Compulsive tobacco user syndrome	305.1	F17.200		Both Specific and Generic	
201981	Nicotine addiction	305.1	F17.200		Generic	
206461	Tobacco dependence	305.1	F17.200		Both Specific and Generic	
225157	Nondependent tobacco use disorder	305.1	F17.200		Both Specific and Generic	
228227	Smoker's respiratory syndrome	305.1	F17.200		Both Specific and Generic	
287387	Smoking	305.1	F17.200		Both Specific and Generic	
1134158	Smoker	305.1	F17.200		Both Specific and Generic	
1149485	Tobacco dependency	305.1	F17.200		Both Specific and Generic	
1208188	Needs smoking cessation education	V62.3	F17.200		Both Specific and Generic	
1213349	Nicotine use disorder	305.1	F17.200		Both Specific and Generic	
1230220	Current smoker	305.1	F17.200		Both Specific and Generic	
1247628	Smoking addiction	305.1	F17.200		Both Specific and Generic	
1249071	Unable to stop smoking	305.1	F17.200		Both Specific and Generic	
1250438	Chain smoker	305.1	F17.200		Both Specific and Generic	
1287486	Nicotine dependence, uncomplicated	305.1	F17.200		Both Specific and Generic	Preferred
1330916	Smokes	305.1	F17.200		Both Specific and Generic	
1334023	Smoker unmotivated to quit	305.1	F17.200		Both Specific and Generic	
1334352	Smokes and motivated to quit	305.1	F17.200		Both Specific and Generic	
1340967	Smoker, current status unknown	305.1	F17.200		Both Specific and Generic	
1352616	Current smoker on some days	305.1	F17.200		Both Specific and Generic	

Accept Cancel

Take 1 tablet (10 mg total) by mouth daily.  
metFORMIN (GLUCOPHAGE) 500 MG tablet 04/05/22 Northern Pharmacy at Overlea - Nott - Nottingham, MD - 7618 Belair Road 410-661-1655

Start Review + ADD ORDER + ADD DX (0) LEVEL OF SERVICE PRINT AVS PEND SIGN ORDERS (1)

# Clinical Team

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Our clinic director is Dr. Janaki Deepak, a pulmonologist and expert in tobacco treatment

Trained by Dr. Frank Leone at Penn Medicine (Integration of Tobacco Use Treatment into Healthcare)



Janaki Deepak,  
MBBS, FACP  
Pulmonologist



Ellen Marciniak,  
MD  
Pulmonologist



William Grier,  
MD  
Pulmonologist



Julia Melamed,  
MSN, RN  
Tobacco Coach



Sherri Webster  
Medical  
Secretary

# Integrated Treatment

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- Comprehensive lung health exam
- Lung cancer screening
- Mythbusting
- Free sample medications
- Combination medication therapies + coaching
- Ages 16+, using any nicotine product, most insurances accepted



# How Marylanders Access Quitline Services

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## Phone

(800) QUIT-NOW (800) 784-8669

(855) DEJELO-YA

Asian Smokers Quitline- <https://www.asiansmokersquitline.org/smokers/>

TTY(711) line for deaf and hard of hearing callers

We offer interpretation services into over 300 languages.

## Web

Callers can enroll at [quitnow.net/Maryland](http://quitnow.net/Maryland)

## Referral

Tobacco users may be referred from their health provider, which triggers an outbound call

We support fax referrals, e-referrals, online referrals and referrals via secure email

## Text to Enroll

Marylanders can text "READY" to 34191 to enroll

# Maryland Tobacco Quitline Services

## Tobacco Users

5 interactions via outbound phone, inbound chat, text or group video scheduling (3 1:1, 2 group)

Unlimited inbound support via phone, text & chat

Expert led online courses, articles and trackers centralized in a digital dashboard experience

– *Medicaid – 4 weeks combo therapy*

– *Non-Medicaid – 12 weeks combo therapy*

## Pregnant Tobacco Users

7 interactions pregnancy

Online/chat

## Tobacco Users with Behavioral Health Conditions

7 Calls or as many calls necessary

12 weeks of combination NRT (patches, gum and lozenges)

## Youth

4 Calls or as many calls necessary

No NRT

Currently developing a youth vaping curriculum

## Stand Alone Web

12 weeks of combination NRT (patches, gum and lozenges)





# TOBACCO

## Easy steps to help patients break free

### DOCUMENT

- Ask your patient: *Have you ever used any tobacco products? Vapes, e-cigarettes?*
- In Epic: **Vitals** → **Edit Tobacco Use**. Don't forget to document vaping!

### EDUCATE

- Ask your patient: *Can I refer you to the UMMC Tobacco Health Practice?*
  - No quit dates
  - Judgment-free zone
  - Affordable medicines
  - Whole lung health exam

### REFER

- In a visit or encounter, type "**smoking**" into order box (lower left-hand corner)
- Double-click on the 1<sup>st</sup> option (**REF139**) and then select **MTC Pulmonary**
- Staff: **Pend** referral to attending provider
- Providers: choose a **tobacco** diagnosis code (F17.200s)

Other options: call 410-328-8141, email Sherri Webster ([SWebster@som.umaryland.edu](mailto:SWebster@som.umaryland.edu)), or refer to the Maryland Quitline (REF100)

### Thank you for your referrals! Questions?

Contact Julia Melamed: 443-827-3933, [Julia.Melamed@umm.edu](mailto:Julia.Melamed@umm.edu), or TigerConnect

*Flip for more info →*

## Frequently Asked Questions

### Why is this important?

Tobacco use is a chronic disease and a leading cause of death and disability in the United States. We do not ask patients with diabetes or COPD to get better on their own. Patients with tobacco use disorder need the same level of care.

### Who is eligible for treatment?

Anyone 16+ who uses tobacco or nicotine. You do not have to feel "ready" to stop.

### Why is it hard to stop using tobacco?

Tobacco contains nicotine, which is even more addictive than opioids. Nicotine manipulates the brain's "survival center" and tells users that as long as the brain sees nicotine, it will feel safe. Stopping tobacco can feel like going against a basic instinct.

### What if my patient says "I'm not ready" or "I want to do this on my own"?

Most people who use tobacco would like to stop but struggle to fight the instinct without expert help. Stopping "cold turkey" is uncomfortable and usually unsuccessful long-term. Patients may be more open to treatment if they know that the clinic can help them breathe better and will not force them to stop using tobacco.

### What if my patient is elderly or has cancer?

It is never too late to stop using tobacco. Patients with cancer who stop using tobacco after diagnosis are much more likely to have good outcomes.

### Is vaping a safe alternative to smoking?

No! Vapes/e-cigarettes contain very high nicotine levels, heavy metals, and toxic flavorings. They can cause lung injury (EVALI). Marijuana vapes are also dangerous.

### Is treatment expensive?

The clinic accepts most insurance plans and can provide some free medications.

### What happens during an appointment?

It is a private visit between the patient, the provider, and a tobacco coach. We talk about breathing, the tobacco journey, and how nicotine affects the brain. If patients are eligible, we offer **lung cancer screening**. We create a medication plan and call the patient after the appointment to offer ongoing support.

# HealthClips



Recommended Playlists

## Breaking Free from Tobacco



### Stop Smoking: University of Maryland Medical Center Tobacco Health Practice



University of Maryland Medical Center has the resources you need to stop nicotine addiction. To schedule an appointment at the Tobacco Health Practice, call (410)-328-8141 @ University of Maryland Medical System.

Video in English

### Preparing to Quit



See how deciding your quit method and researching where you will find support ahead of time will increase your chances of quitting for good.

Video in English and Español

### Products that Can Help with Withdrawal



Learn about stop smoking aids you may use to help with any withdrawal you may experience when quitting tobacco.

Video in English and Español

<https://umms.healthclips.com/Playlist/View/PL2084/breaking-free-from-tobacco>

# Thank you! Questions?

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