

Why Physician Should Give Advice and Assist in Smoking Cessation

A physician's office can serve as an important setting for cessation message delivery for smokers. For many smokers wanting to quit, their doctors are their first point of contact to gain advice and assistance on cessation techniques.ⁱ A meta-analysis of seven studies exploring the effectiveness of physician advice to quit smoking showed that brief physician advice (an interaction of 3-5 minutes) significantly increases long-term smoking abstinence rates.ⁱⁱ

Messages to Emphasize with Youth

Importance of physical activity: spurs mediating mechanisms to reduce weight gain, withdrawal symptoms, cravings, which impact cessation success.ⁱⁱⁱ

Future Orientation: tends to lead to more socially desirable, health-promoting decisions and should therefore be emphasized.^{iv}

Short and Long Term physiological and pathological effects of smoking.^v The CDC has identified the following^{vi} as good examples of negative health consequences for youth who smoke:

- Smoking hurts young people's physical fitness in terms of performance and endurance, including those trained in competitive running in the short run. In the long run this can compromise an adult's ability to maintain even a a basic level of fitness.
- Smoking can hamper the rate of lung growth and level of maximum lung function among youth in the short term. In the long term the risks of lung cancer are much higher for smokers.
- The resting heart rates of young adult smokers are 2 – 3 beats per minute faster than those of nonsmokers in the short term. In the long term, smoking greatly increases risks of heart disease.
- Smoking is responsible for coughing and increased frequency and severity of respiratory illness in the short term. In the long term, the risks of emphysema and lung cancer are much higher for smokers.
- The younger a person starts smoking, the more likely s/he is to become strongly addicted to nicotine and will continue to smoke throughout life, risking *many* forms of cancer and chronic diseases. Vaping nicotine can also lead to nicotine addiction and possibly transfer to smoking cigarettes.
- Even high school age youth who began smoking by 9th grade are twice likely to have poorer overall health, cough with phlegm or blood, have shortness of breath even when not exercising, wheezing or gasping and they are three times more likely to visit doctor for health complaints.
- Smoking is often a marker for underlying issues such as depression among adolescents.

ⁱ McIntosh S, Ossip-Klein DJ, Hazel-Fernandez L, Spada J, McDonald PW, Klein JD. Recruitment of physician offices for an office-based adolescent smoking cessation study. *Nicotine & Tobacco Research* 2005 Jun;7(3):405– 412.

ⁱⁱ Fiore MC, Jaen CR, Baker TB, Bailey WC, Benowitz NL, Curry SJ. *Treating Tobacco Use and Dependence: 2008 Update*. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service, 2008.

ⁱⁱⁱ Horn K, Dino G, Branstetter SA, Zhang J, Noerachmanto N, Jarrett T, et al. Effects of physical activity on teen smoking cessation. *Pediatrics* 2011 Sept;128(4):e801-e811.

^{iv} Latimer AE, Krishnan-Sarin S, Cavallo DA, Duhig A, Salovey P, O'Malley SA. Targeted smoking cessation messages for adolescents. *Journal of Adolescent Health* 2012 Jan;50(1):47–53

^v Fritz DJ, Wider LC, Hardin SB, Horrocks M. Program strategies for adolescent smoking cessation. *The Journal of School Nursing* 2008 Feb;24(1):21-27.

^{vi} Milton MH, Maule CO, Yee SL, Backinger C, Malarcher AM, Husten CG. *Youth Tobacco Cessation: A Guide for Making Informed Decisions*. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2004.