



STUAC CE Digest

Smoking and Tobacco Use Advisory Committee
Training and Resources Subcommittee

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DID YOU KNOW?

- Cigarette smoking may cause 15 different types of cancer and is linked to 90% of lung cancer deaths
- About 1.69 billion pounds of butts end up as toxic trash each year, making cigarettes the most littered item on Earth
- On May 31 of each year, the world observes World No Tobacco Day and informs the public on dangers of using commercial tobacco products

Resource:

American Cancer Society
Environmental Protection Agency
World Health Organization

New CE opportunities?

Submit new CEs related to nicotine addiction and tobacco products to

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Upcoming CE opportunities

CE Title	CE Credit/Contact Hours
Tobacco Use Disorders and Smoking Cessation	2.5 hours (Nurses)
Tobacco Dependence and Treatment for RNs and LPNs	1.0 hours (Nurses)
Smoking Cessation	1.5 hours (Psychologists)

Test Your Knowledge

A 58 year-old male with history of COPD has been smoking cigarettes (1 pack per day) for 13 years but quit about 6 years ago using Nicotine Gums and Patches for 2 months. During his clinic visit today, however, he reports starting smoking cigarettes again last week after his wife passed away. He says he only smokes 1 cigarette per day at night to relieve stress and cope with depression. Based on the information he provided, what is the best recommendation for him today?

- The patient is at high risk of developing more serious condition such as lung cancer and should be started on an aggressive smoking cessation treatment
- Since the patient quit 6 years ago, he is at a lower risk of developing other conditions and may continue to smoke no more than 1 cigarette per day
- Educate the patient that although it may be a difficult time for him, remind him of past success in quitting and assist in finding alternate to coping with stress and depression
- Educate the patient that the risk of developing a lung cancer may be up to 70% in smokers, especially at older ages and discuss treatment options other than Nicotine Gums and Patches

Answer: C; smoking even one cigarette still carries risk of developing lung, heart, and oral diseases. It is recommended to show empathy for his personal loss and to assist with alternate coping mechanism along with tobacco cessation. Answer A or B is incorrect as there is no determination of risk level based on the information given. Answer D is inaccurate in states and there is no reason not to use NRT again.

Source: [Health Effects of Light and Intermittent Smoking](#)

Join us on our Listserv!

Name: Tobacco and Nicotine Cessation (TNC)

URL: https://www.ihs.gov/listserv/topics/signup/?list_id=608