

ADDRESSING SMOKERS WITH CARDIOVASCULAR DISEASE

Using key concepts from the 2018 American College of Cardiology Expert Consensus Decision Pathway on Tobacco Cessation Treatment¹

The relationship between cigarette smoking and cardiovascular disease is significant.



- Approximately 1/3 of deaths in the US attributed to smoking are due to cardiovascular disease.²



- Cigarette smoke exposure, even at low levels or for short periods of time increases risk of cardiovascular disease.
- Even light smokers – those who smoke 1-4 cigarettes per day – are 3x more likely to get heart disease.³

Smoking cessation has been shown to reduce cardiovascular events and mortality, providing a strong rationale for healthcare providers to take action to change this modifiable risk factor.^{4, 5}

All smokers, regardless of amount or length of time smoked, comorbidities, or age, can benefit from smoking cessation, even if cessation occurs after the development of cardiovascular disease.

One way to help smokers quit is by following the American College of Cardiology (ACC)'s guidance for treating smokers from the 2018 Expert Consensus Treatment Pathway on Tobacco Cessation.¹



STEP 1: Ask about and document every patient's tobacco use status

- Cigarette smoking is a major risk factor for CVD-associated morbidity and mortality.
- Be sure to ask about e-cigarettes.

¹ 2018 ACC Expert Consensus Decision Pathway on Tobacco Cessation Treatment Rajat S. Barua, Nancy A. Rigotti, Neal L. Benowitz, K. Michael Cummings, Mohammad-Ali Jazayeri, Pamela B. Morris, Elizabeth V. Ratchford, Linda Sarna, Eric C. Stecker, Barbara S. Wiggins J Am Coll Cardiol. 2018 Dec; 72 (25) 3332-3365. <http://www.onlinejacc.org/content/72/25/3332>

² Centers for Disease Control and Prevention. Tobacco-Related Mortality. Available at: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/index.htm.

³ Schane RE, Ling PM, Glantz SA. Health effects of light and intermittent smoking: a review. Circulation. 2010;121(13):1518-1522. doi:10.1161/CIRCULATIONAHA.109.904235. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2865193/>

⁴ Hermanson B.O.G., Kronmal R.A., Gersh B.J. (1988) Beneficial six-year outcome of smoking cessation in older men and women with coronary artery disease. Results from the CASS registry. N Engl J Med 319:1365-1369.

⁵ Meyers D.G., Neuberger J.S., He J. (2009) Cardiovascular effect of bans on smoking in public places: a systematic review and meta-analysis. J Am Coll Cardiol 54:1249-1255.



STEP 2: Assess current smoker's degree of nicotine addiction

How many cigarettes do you smoke per day?

How soon after waking up do you have your first cigarette?



STEP 3: Advise all tobacco users to quit

- Emphasize the benefits of cessation rather than the harms of smoking.
- Remind them that each quit attempt is different, and not to be discouraged by how many times they've tried quitting in the past.

Health benefits after quitting:⁶

20 Minutes:

Heart rate drops.

12 Hours:

The carbon monoxide level in blood drops to normal.

2 Weeks to 3 Months:

Risk of having a heart attack begins to drop and lung function begins to improve.

1 to 9 Months:

Coughing and shortness of breath decrease.

1 Year:

Added risk of coronary heart disease is half that of a smoker's.



STEP 4: Offer and connect patients to appropriate treatment options whether or not they are ready to quit

- Treating tobacco dependence requires clinicians to adopt a chronic disease management strategy, monitoring tobacco use over time and making repeated efforts to encourage and assist smokers to quit using tobacco.⁷
- Combining pharmacotherapy with counseling is the most effective way to help smokers quit combustible cigarettes.



STEP 5: Follow-up with patients at every visit

- Monitor
 - Smoking status
 - Engagement in cessation treatment
- Loop in full care team—including specialists as needed

⁶ Center for Disease Control and Prevention. Benefits of Quitting. CDC.gov. Available at: https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm

⁷ Fiore MC, Jaén CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008.