



MetroHealth
Devoted to Hope, Health, and Humanity

Breaking the Chains: Understanding and Overcoming Nicotine Addiction

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Overview

Impact of nicotine addiction: United States, Ohio, Cleveland, Ohio

Long-Term Health Effects of Nicotine Addiction

Benefits of Quitting Smoking

Methods to Quit Smoking

Barriers for Individuals who endure mental illness

Strategies to overcome barriers

Metro Health Nicotine Dependence Prevention and Treatment Program

Questions and Answers

Long-Term Health Effects of Nicotine Addiction

Cancer:

- Nicotine addiction significantly increases the risk of various cancers, including those of the stomach, pancreas, throat, and kidney.

Lung Diseases:

- Chronic bronchitis, emphysema, and lung cancer are common among long-term smokers.

Cardiovascular Diseases:

- Nicotine raises the risk of heart attack, stroke, and other cardiovascular issues by contributing to the hardening of artery walls.

Impact of Nicotine Addiction

United States

Prevalence

18.7% of U.S. adults (approximately 46 million people) currently use some form of tobacco product.

Overall Costs

Economic Impact

- Total Economic Burden: Smoking cost the U.S. more than \$600 billion in 2018.
- Direct Healthcare Costs: Over \$240 billion spent annually on treating smoking-related diseases.
- Productivity Losses: Lost Productivity from Illnesses: Nearly \$185 billion lost due to smoking-related illnesses and health conditions

Ohio

Prevalence

- Tobacco Use: Over 25% of Ohio adults use some form of tobacco
- Cigarette Smoking: 17.1% of adults smoke traditional cigarettes
- E-Cigarettes: 8.8% of adults use e-cigarettes

Economic Impact

- Healthcare Costs: Smoking-related healthcare costs in Ohio amount to approximately \$6.8 billion annually
- Productivity Losses: Smoking causes an estimated \$5.88 billion in productivity losses each year
- Medicaid Spending: A significant portion of Medicaid expenditures in Ohio is attributable to smoking

Impact of Nicotine Addiction

Cleveland, Ohio

Prevalence

- Cleveland has one of the highest smoking rates in the country, with approximately 35% of residents being smokers.

Economic Impact

- Smoking-related illnesses lead to significant healthcare costs and loss of productivity in Cleveland.
- Smoking-related illnesses lead to significant healthcare costs and loss of productivity in Cleveland. Ohio spends approximately \$6.56 billion annually on direct healthcare costs related to smoking, including \$1.85 billion in Medicaid costs.
- Additionally, smoking causes substantial losses in productivity, further impacting the local economy.

Benefits of Quitting Smoking

Improved Heart Health

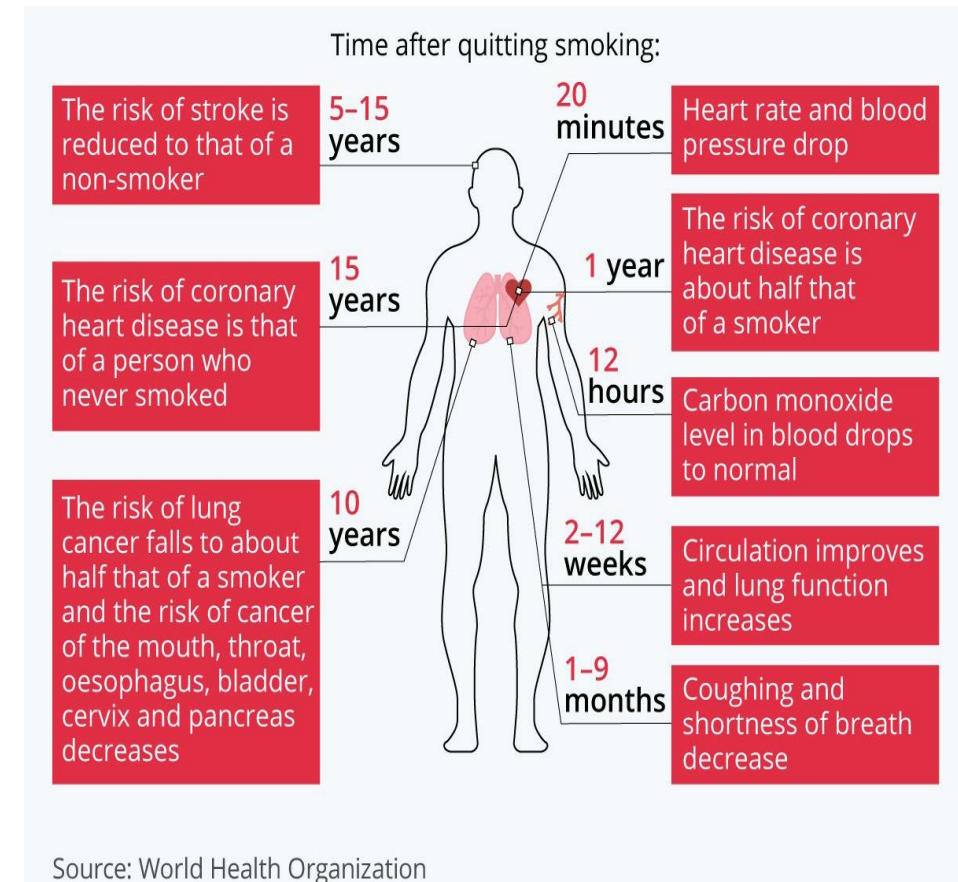
- Reduces risk of heart disease and stroke
- Lowers blood pressure and improves circulation

Better Lung Function

- Decreases coughing and shortness of breath
- Reduces risk of lung diseases like COPD and lung cancer
- Enhanced Senses

Improved taste and smell

- 4. Financial Savings
- Saves money on tobacco products
- Reduces healthcare costs



Methods to Quitting Smoking

Nicotine Replacement Therapy (NRT)

- Types: Patches, gum, lozenges, nasal spray, inhalers
- Benefits: Reduces withdrawal symptoms and cravings

Prescription Medications

- Bupropion (Zyban): Reduces cravings and withdrawal symptoms
- Varenicline (Chantix): Blocks nicotine receptors in the brain

Behavioral Therapy

- Counseling: Individual or group sessions
- Support Groups: Sharing experiences and strategies

Digital Tools

- Apps: Track progress, provide tips and motivation
- Online Programs: Structured plans and support

Barriers for Individuals with Behavioral Health Conditions

Stress Management

- Smoking as a coping mechanism for stress and anxiety

Withdrawal Symptoms

- Increased fear of withdrawal symptoms

Social Influences

- Smoking norms within social networks and mental health settings

Lack of Support

- Limited cessation support from healthcare providers

Myths and Misconceptions

- Misbeliefs about the impact of quitting on mental health

Identity and Routine

- Smoking as part of daily routine and identity

Limited Access to Resources

- Financial constraints and limited access to cessation programs and medications

Nicotine Dependence Prevention and Treatment Program

Program Overview

The Nicotine Dependence Prevention and Treatment Program (NDPTP) offers an innovative approach to smoking cessation that draws from the expertise of the Pulmonary and Critical Care Department. The program maximizes the integrated care model and brings together addiction professionals to provide evidence-based care, equipping individuals with the knowledge and support they need to regain control of their lives and overcome nicotine addiction.

We provide the following services, most of which are covered by insurance:

- Nicotine dependence screening and diagnostic assessment
- Individual and group counseling
- Free nicotine replacement therapy
- Nicotine cessation pharmacotherapy
- Post-treatment maintenance and support addiction.
- Prevention services

Nicotine Dependence Prevention and Treatment Program

Program Goal

Metro Health is dedicated to becoming the leading provider for nicotine dependence prevention and treatment in Northeast Ohio. Our commitment involves delivering culturally relevant, evidence-based, multi-tiered prevention and treatment services aimed at reducing nicotine addiction and securing the program's financial sustainability through clinical services.

Nicotine Dependence Prevention and Treatment Program

The Why: Metro Health

- "Tobacco use and exposure are more likely to occur in vulnerable and marginalized groups, including those living in poverty. Although some view tobacco use as a personal choice, evidence suggests that structural forces play an important role in tobacco uptake, subsequent nicotine addiction, and perpetuation of use."
- "Practitioners routinely overlook tobacco dependency despite the availability of evidence-based nicotine therapy regimens. Tobacco is underrepresented in SUD treatment due to the ethos of addiction treatment programs, the financial restraints associated with treating tobacco dependency, and the attitudes, abilities, and understanding of practitioners"
- Metro Health has a long history of pioneering initiatives to address tobacco-related issues and obstacles.



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Thank You!

ABOUT METROHEALTH

Founded in 1837, MetroHealth is leading the way to a healthier you and a healthier community through service, teaching, discovery, and teamwork. Cuyahoga County's public, safety-net hospital system, MetroHealth meets people where they are, providing care through five hospitals, four emergency departments, and more than 20 health centers and 40 additional sites. Each day, our almost 9,000 employees focus on providing our community with equitable healthcare—through patient-focused research, access to care, and support services—that seeks to eradicate health disparities rooted in systematic barriers. **For more information, visit metrohealth.org**

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