



THE NEW YORK STATE  
SMOKERS' QUITLINE  
*offers our*  
**FAX-TO-QUIT  
PROGRAM**



The New York State Smokers' Quitline offers our Fax-to-Quit program to all health care providers to help their tobacco-using patients stop smoking or using other forms of tobacco.

## AS A CONFIDENTIAL AND FREE SERVICE WE OFFER:

- Telephone cessation counseling.
  - A 2-week supply of Nicotine Replacement Therapy (NRT) for eligible clients\*
  - Up to a 6-week supply of NRT and up to four telephone-cessation counseling sessions for eligible Medicaid and uninsured patients.
- \* Offer limited to New York State adults (18 years of age or older) who smoke 10 or more cigarettes per day, are willing to make a Quit attempt, and report no contra-indications for using the medication.

## HOW FAX-TO-QUIT WORKS:

- Health care providers can refer their tobacco-using patients to the New York State Smokers' Quitline using the Fax-to-Quit referral form.
- Patients will receive a call from a Quitline Specialist who will provide a stop-smoking or stop-smokeless-tobacco counseling session and screen for NRT eligibility.
- Eligible patients will receive a 2-week supply of NRT in the mail.
- Eligible Medicaid and uninsured patients will receive up to a 6-week supply of NRT and up to four telephone-cessation counseling sessions.
- All patients will receive a Stop-Smoking or Stop-Smokeless-Tobacco packet in the mail with information tailored to their specific situation and a list of local stop-smoking programs.
- A progress report about the patient's tobacco use status will be faxed back to the health care provider.





## PATIENT INFORMATION

**Patient's Name:** \_\_\_\_\_ **Referred By:** \_\_\_\_\_  
**Date of birth** (mm/dd/yy): \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Phone Number:** ( \_\_\_\_ ) \_\_\_\_ - \_\_\_\_

## PATIENT CONTACT ATTEMPTS

Date	By	Call Type	Result	Assessment

## CALL OUTCOMES

### Comments

### Quit Commitment

- Your patient wants to quit
- Your patient has chosen a quit date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_
- Your patient has not determined a quit date but plans a quit attempt within two weeks

### NYS Quitline NRT Eligibility

- Eligible:** Your patient was sent a 2-week supply of NRT:
- Your patient was **ineligible** for a 2-week supply of NRT.  
Reason: \_\_\_\_\_
- Your patient has **already received and is using NRT.**
- Your patient is **not yet using NRT**
- Your patient has **discontinued use of NRT.**  
Reason: \_\_\_\_\_

### Referrals

# MEDICATIONS CHART

NEW YORK STATE  
**SMOKERS' QUITLINE**  
**1-866-NY-QUIT5**  
**(1-866-697-8487)**



## Pharmacotherapy for Nicotine Dependent Patients

Name of Product	Advantages	Disadvantages	Dosing	Treatment Duration	Nicotine Release Mechanism	Side Effects	Pregnancy Category
<b>Gum</b>	<ul style="list-style-type: none"> <li>Dose easily titrated</li> <li>May satisfy oral craving</li> <li>Delays weight gain</li> <li>Use to respond to cravings</li> <li>Available in regular, orange, and mint flavors</li> </ul>	<ul style="list-style-type: none"> <li>Social acceptance of gum</li> <li>Difficult to use with dentures</li> <li>Must use proper chewing technique to lessen adverse effects</li> </ul>	<p>2 mg &lt; 25 cigarettes/day                      4 mg ≥ 25 cigarettes/day</p> <p><b>*Do Not Exceed 24 pps/day</b></p> <ol style="list-style-type: none"> <li>STOP ALL SMOKING</li> <li>Chew, Chew, "Park" - between cheek and gums 1-5 minutes</li> <li>Repeat- Use one piece no longer than 30 minutes</li> <li>Park in different areas</li> <li>No acidic food/beverages before &amp; during use.</li> <li>Do not eat or drink for 15 minutes before using gum &amp; during use.</li> </ol>	12 Weeks (Some Less)	Ion exchange resin, releases when chewing, not if swallowed	<ul style="list-style-type: none"> <li>Jaw soreness</li> <li>Hiccups</li> <li>Nausea/Vomiting</li> <li>From incorrect chewing technique:                             <ul style="list-style-type: none"> <li>- headache</li> <li>- mouth/throat soreness</li> <li>- bad taste</li> <li>- indigestion</li> </ul> </li> </ul>	C (risk can not be ruled out)
<b>Transdermal Patch 16 or 24 hours</b>	<ul style="list-style-type: none"> <li>Provides 24 hour steady state concentration which may reduce morning cravings</li> <li>No special skills for use and easily concealable</li> <li>Fewer compliance problems</li> </ul>	<ul style="list-style-type: none"> <li>Allergic reactions to adhesive may occur</li> </ul>	<p>&gt; 10 cigarettes/day                      21 mg - 6 weeks                      14 mg - 2 weeks                      7 mg - 2 weeks</p> <p>May wear patch for 16 or 24 hours</p>	10 Weeks (Some Less)	Discrete rate-controlling membrane	<ul style="list-style-type: none"> <li>Sleep disturbances/abnormal dreams (24 hour use)</li> <li>Local cutaneous reactions (erythema, pruritus, edema)</li> <li>Cutaneous hypersensitivity</li> <li>Headache</li> </ul>	D (evidence of risk)
<b>Lorengel</b>	<ul style="list-style-type: none"> <li>Easy to use</li> <li>Use to respond to cravings</li> <li>Dose easily titrated</li> </ul>	<ul style="list-style-type: none"> <li>Can be mistaken for candy</li> <li>Taste is unpleasant to some</li> </ul>	<p>First cigarette within 30 minutes of waking, use 4mg                      First cigarette over 30 minutes after waking, use 2mg.</p> <p>Use 1 every 1-2 hours. Use at least 9 per day and no more than 5 in 6 hours and no more than 20 per day.</p>	12 Weeks (Some Less)	Dissolves to deliver nicotine through oral lining of the mouth	<ul style="list-style-type: none"> <li>Mouth or throat irritation</li> <li>Headache</li> <li>Nausea</li> <li>Hiccups</li> <li>Dizziness</li> <li>Indigestion</li> </ul>	N/A (per company)
<b>Nasal Spray</b>	<ul style="list-style-type: none"> <li>Dose easily titrated</li> <li>Use to respond to cravings</li> </ul>	<ul style="list-style-type: none"> <li>Uncomfortable to use – two weeks to get used to</li> <li>Dependence</li> <li>Suggested wait five minutes before driving</li> <li>Must avoid contact with skin</li> </ul>	<p>One to two, 0.5 mg. sprays in each nostril/hour</p> <ul style="list-style-type: none"> <li>Gradually decrease rate over 6-8 weeks</li> <li>Do not exceed 5 sprays/hour or 40 sprays/day</li> </ul>	12 Weeks (Some Less)	N/A	<ul style="list-style-type: none"> <li>Hot/peppery sensation in nose/throat</li> <li>Sneezing</li> <li>Coughing</li> <li>Watery eyes</li> <li>Runny nose</li> </ul>	D (evidence of risk)
<b>Oral Inhaler</b>	<ul style="list-style-type: none"> <li>Dose easily titrated</li> <li>Mimics act of smoking</li> <li>Use to respond to cravings</li> </ul>	<ul style="list-style-type: none"> <li>Cartridges should not exceed 86° F or be used below 59° F</li> <li>Dependence</li> <li>Side effects take one week to get used to</li> </ul>	<p>6 to 16 Cartridges/day</p> <ul style="list-style-type: none"> <li>Individualize dosing</li> <li>Best effects with continuous puffing for 20 minutes</li> <li>An open cartridge is good for only 1 day</li> </ul> <p>Must use minimum of 6 cartridges/day for at least 3 to 6 weeks then:</p> <ul style="list-style-type: none"> <li>Continue for 3 months</li> <li>Taper for next 6 to 12 weeks</li> <li>Not to exceed 6 months of use</li> </ul>	18 to 24 Weeks	N/A	<ul style="list-style-type: none"> <li>Local irritation of throat and mouth</li> <li>Coughing</li> <li>Rhinitis</li> <li>Hiccups</li> <li>Headache</li> </ul>	D (evidence of risk)
<b>Bupropion SR. (ZYBAN)</b>	<ul style="list-style-type: none"> <li>No risk of nicotine toxicity if patient continues to smoke</li> <li>Ease of use</li> <li>May be more beneficial in patients with sub-clinical depression</li> <li>Safer to use in pregnancy</li> <li>Can be used in combination with nicotine replacement</li> </ul>	<ul style="list-style-type: none"> <li>Seizure risk</li> <li>Some risk of hypertension when used in combination with other drugs</li> <li>Potential for insomnia</li> <li>Avoid use with alcohol (seizure risk and relapse may be increased)</li> </ul>	<p>150 mg Q day for 3 days, then increase to 150 mg BID</p> <ul style="list-style-type: none"> <li>Set quit date at 1 to 2 weeks into Zyan therapy</li> <li>Continue for 7 -12 weeks</li> <li>NOT to exceed 300 mg/day</li> <li>Treatment &gt; 3 months generally NOT necessary</li> <li>Dose tapering NOT recommended</li> <li>Can be used with nicotine replacement products.</li> <li>Physician monitoring of blood pressure is recommended</li> </ul>	8 to 12 Weeks	N/A	<ul style="list-style-type: none"> <li>SEIZURES – risk 1 per 1000</li> <li>Dry mouth</li> <li>Insomnia</li> <li>Nervousness/ Difficulty Concentrating</li> <li>Rash</li> <li>Constipation</li> </ul>	B (no evidence of risk in animals)



## PATIENTS WHO SMOKE IN EXCESS OF 1 PACK PER DAY (PPD) MAY NEED A HIGHER DOSE OF NICOTINE REPLACEMENT (NRT)

*Sweeney CT, Fant RV, Fagerstrom KO, McGovern JF, Henningford JE, "Combination Nicotine Replacement therapy for Smoking Cessation: rationale, efficacy and tolerability" CNS Drugs 2001;15 (6):453-67*

- A combination of the nicotine patch q.d. and oral inhaler 2 mg PRN can be used successfully for cravings of smokers who smoke between 1-3 ppd.
- A combination of nicotine patch q.d. and nasal spray PRN can be used successfully for cravings of smokers who smoke between 4-5 ppd.
- Studies show a combination of Zyban (Wellbutrin SR, bupropion) and NRT is more effective for successful cessation. (*Thompson GH, Hunter DA, "Nicotine Replacement Therapy" Ann Pharmacotherapy 1998 Oct;32 (10):1067-75*)
- Patients who chew tobacco or snuff, or smoke cigars are also tobacco-dependent and may need NRT.
  - One large cigar contains the same amount of nicotine as 7 cigarettes.
  - Holding an average-sized dip in the mouth for 30 minutes gives your patient the same amount of nicotine as three cigarettes.
  - A can-a-week snuff dipper gets as much nicotine as a 1 pack-a-day smoker. (*National Institute of Dental and Craniofacial Research*).
- The nicotine absorption rate varies depending on the method of delivery, i.e. the gum, inhaler and spray deliver a dose that is quickly absorbed through the mucous membranes. The patch, however, is absorbed through the skin and takes two hours before the patient realizes the benefits of NRT.
- The misuse of nicotine gum is most often due to lack of understanding the "chew, park and dispose of" directions.
- Zyban is most effective if initiated 1-2 weeks prior to cessation, but may also be useful if it is not ordered until the patient's quit date. Zyban is better tolerated if taken with food, as it reduces complaints of nausea.
- An increase in likeliness that insurance will cover future dosing is achieved if the patient is given a written prescription for the over-the-counter NRT such as the gum or the patch.

***In New York State, Medicaid will cover most medications to help your patient stop smoking, as long as you provide a prescription.***

# MATERIALS ORDER FORM

NEW YORK STATE  
**SMOKERS' QUITLINE**  
**1-866-NY-QUITS**  
 (1-866-697-8487)



ship to

bill to (if different)

<b>Name                  Organization                  Address / Suite or Room                  City / State / Zip Code                  Phone</b>	_____ _____ _____ _____ (    ) _____	_____ _____ _____ _____ (    ) _____
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Item	Language	QTY Requested	Max Free	Unit Price	Total Price
<b>Break Loose Self-Help Guide</b> <i>FULL-sized brochure</i>	English		5	\$0.60 ea.	
	Spanish				
<b>Break Loose Self-Help Guide</b> <i>POCKET-sized brochure</i>	English		100		
	Spanish				
<b>Call Them What They Are</b> <i>Teen cessation mini magazine</i>	English		25		
<b>Fax-to-Quit Referral Forms - Office Pad</b> <i>Pad of 50 2 Sided - English &amp; Spanish</i>			2 Pads		
<b>Give Them Breathing Room</b> <i>Secondhand Smoke brochure</i>	English		25		
	Spanish				
<b>NYS Smokers' Quitline Handout Card</b> <i>Quitline contact information - business card size</i>	English		100		
<b>Staying Tobacco Free</b> <i>FULL-sized brochure</i>	English		5	\$0.60 ea.	
	Spanish				
<b>Staying Tobacco Free</b> <i>POCKET-sized brochure</i>	English		100		
	Spanish				
<b>Health Care Provider Quit Kit</b>	English		1		
<b>Quitline Prescription to Quit Pad</b> <i>Pad of 50</i>	English		2 Pads		
<b>Quitline Referral Reminder Card</b>	English		2 Pads		
<b>Stickers: Vital Signs</b> <i>Pkg of 50 - Includes patient tobacco status</i>	English		2 pkgs		
<b>Decal: Smoke-Free Home</b>	English		25		
	Spanish				
<b>Decal: Smoke-Free Vehicle</b>	English		25		
	Spanish				
<b>Anatomy of a Pregnant Woman Smoker</b> <i>11 x 17 poster</i>	English		25		
	Spanish				
<b>Anatomy of a Woman Smoker</b> <i>11 x 17 poster</i>	English		25		
	Spanish				
<b>NYS Medicaid Covers Stop Smoking Medications</b> <i>11 x 17 poster</i>	English		25		
	Spanish				
<b>Ready to Quit? We're Ready to Help</b> <i>11 x 17 poster</i>	English		25		

**Please call  
 1-866-NY-QUITS  
 (1-866-697-8487)  
 for availability  
 and pricing if  
 additional quantities  
 are needed**

Mail or Fax Form To:	Payment Method	Total
New York State Smokers' Quitline C/o Roswell Park Cancer Institute Elm & Carlton Streets • Buffalo, NY 14263 Fax# 1-866-784-8329	<input type="checkbox"/> Check payable to "Health Research, Inc." <input type="checkbox"/> Please send invoice to address above	\$ _____

<b>OFFICE USE ONLY</b>	IS: _____ Date: _____ ECRF# _____	Assembled by: _____ QA Check by: _____ Shipped by: _____ Media Mail: [    ]    Airborne Mail: [    ]	Date: ___/___/___ Date: ___/___/___ Date: ___/___/___	Entered by: _____ Date: ___/___/___ Invoice# _____ Airborne Track #: _____
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# DESCRIPTION OF SERVICES

NEW YORK STATE  
**SMOKERS' QUITLINE**  
**1-866-NY-QUITS**  
(1-866-697-8487)



## What is the Quitline?

The New York State Smokers' Quitline is a free and confidential program that provides evidence based stop smoking services to New York residents who want to stop smoking or using other forms of tobacco. The Quitline is also a program designed to assist physicians and health care providers by providing the Quitline service as a referral for their patients' stop-smoking plan.

### SERVICES FOR TOBACCO USING PATIENTS...

- Individualized telephone counseling in English or Spanish
- Two week starter kit of Nicotine Replacement Therapy (NRT) for eligible smokers\*
- One scheduled callback to smokers who get a free starter kit of NRT
- Up to four scheduled telephone counseling calls for eligible Medicaid and Uninsured smokers
- Up to a 6-week supply of NRT for eligible Medicaid and Uninsured smokers
- Web-based services including interactive features ([www.nysmokefree.com](http://www.nysmokefree.com))
- Printed materials in English and Spanish
- Referrals to local stop smoking programs
- Referrals and information for NYS Health Plans' cessation services for members

\* Offer limited to New York State adults (18 years of age or older) who smoke 10 or more cigarettes per day, are willing to make a quit attempt, and report no contra-indications for using the medication.

### SERVICES FOR HEALTH PROVIDERS...

- Fax-To-Quit easy patient referral program
- Office materials including cessation guides, posters and Quitline handout cards
- **Health Care Provider Quit Kit**, which includes office materials, Fax-To-Quit program information, a materials order form and more
- Online Cessation CME program for physicians at [www.nysmokefree.com](http://www.nysmokefree.com)
- Online "How to Run A Stop-Smoking Clinic" training program at [www.nysmokefree.com](http://www.nysmokefree.com)
- Referrals to the 19 New York State funded Cessation Centers (located throughout NYS) offering provider training and support

#### LIVE QUITLINE SPECIALIST SUPPORT:

Monday-Friday: 9 am - 9 pm

Saturday & Sunday: 9 am - 1 pm

**TAPED MESSAGE LIBRARY:** 24 hours / 7 days

**TIP OF THE DAY:** 24 hours / 7 days

**DEAF, HARD OF HEARING & SPEECH DISABLED:**

Call NY Relay Service 7-1-1 (Voice or TTY)

**WEB:** [www.nysmokefree.com](http://www.nysmokefree.com)