

Experts Offer Hot Tips for Helping Smokers Quit

BY DOUG BRUNK
San Diego Bureau

SAN DIEGO — When it comes to helping patients quit smoking, most primary care physicians could stand to improve their communication and persuasion skills.

A 2007 survey of more than 3,000 physicians conducted by the Association of American Medical Colleges found that 84% asked their patients about smoking and 86% advised their patients to quit, but only

31% recommended nicotine replacement therapy, 17% arranged for follow-up, and just 7% referred patients to smoking cessation help lines, also known as quitlines.

“There’s a lot of room for making things better,” Dr. Steven A. Schroeder said at the annual meeting of the American Academy of Family Physicians.

Dr. Schroeder, director of the Smoking Cessation Leadership Center at the University of California, San Francisco, maintained that interventions as brief as 30 sec-

onds can have a positive impact on a smoker’s decision to quit.

He said he begins his patient encounters by asking if the patient smokes. If the answer is yes, he proceeds with the following script: “Do you know what it does to you? It does a lot of really bad things, including putting you at risk for emphysema, lung cancer, heart disease, and stroke. I’ll be glad to talk to you more about that. Would you ever be interested in quitting?”

At that point, he hands the patient a cred-

it card—size American Academy of Family Physicians quitline referral card, which provides the number for the National Network of Tobacco Cessation Quitlines (800-784-8669). The quitlines are staffed by trained smoking cessation experts who tailor a plan and offer advice to each caller. Then he tells the patient to call the number for expert counsel if he or she is ready to quit.

He calls the intervention “take 30 seconds and save a life.”

Physicians can also help smokers quit by becoming experts in smoking cessation counseling and treatment or by setting up cessation systems in the clinical facilities where they work, he said.

Dr. Schroeder noted that a study from Group Health Cooperative in Seattle found that 85% of smokers preferred us-



Quitlines are free, convenient, and anonymous. A lot of smokers feel guilty about their smoking.

DR. SCHROEDER

ing a quitline to going to a clinic or a physician’s office for help with smoking cessation (Am. J. Prev. Med. 1998;14:46-52).

“It’s free, it’s convenient, and there’s anonymity,” said Dr. Schroeder, the former president and CEO of the Robert Wood Johnson Foundation. “A lot of smokers feel guilty about their smoking. I’ve had patients who’ve missed their follow-up visits because they had made a pledge to quit on a certain date but were unable to do so. In the quitline relationship, you don’t have that kind of personal issue.”

Another presenter at the meeting, Dr. Carlos Roberto Jaén, a former smoker, discussed specific ways to counsel patients based on the Public Health Service Clinical Practice Guideline, “Treating Tobacco Use and Dependence: 2008 Update” (www.surgeongeneral.gov/tobacco).

He noted that patients who express an unwillingness to quit may lack information about the harmful effects of smoking or the benefits of quitting.

“I use humor sometimes,” said Dr. Jaén, who chairs the department of family and community medicine at the University of Texas, San Antonio. “I’ll say, ‘You’re not ready to quit? No problem. I’ll wait until you have your heart attack or your stroke, then you’ll call me very motivated to quit.’” In that example, a form of motivational interviewing, “you are communicating the sense of harmful effects and benefits of quitting.”

Another principle of motivational interviewing is to express empathy, an approach recommended in the guideline.

“Help the patient understand you know that quitting smoking is a very difficult thing to do,” advised Dr. Jaén, vice chair of the guideline panel. He said he teaches deep-breathing exercises as a way to ward off craving for a cigarette. “I tell them, ‘give yourself a minute; the craving goes away.’”

The guideline also recommends point-

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Brief Summary—see package insert for full prescribing information.

ARICEPT™ (Donepezil Hydrochloride Tablets)

ARICEPT™ ODT (Donepezil Hydrochloride) Orally Disintegrating Tablets

INDICATIONS AND USAGE ARICEPT™ is indicated for the treatment of dementia of the Alzheimer’s type. Efficacy has been demonstrated in patients with mild to moderate Alzheimer’s Disease, as well as in patients with severe Alzheimer’s Disease. **CONTRAINDICATIONS** ARICEPT™ is contraindicated in patients with known hypersensitivity to donepezil hydrochloride or to piperidine derivatives. **WARNINGS** **Anesthesia:** ARICEPT™, as a cholinesterase inhibitor, is likely to exaggerate succinylcholine-type muscle relaxation during anesthesia. **Cardiovascular Conditions:** Because of their pharmacological action, cholinesterase inhibitors may have vagotonic effects on the sinoatrial and atrioventricular nodes. This effect may manifest as bradycardia or heart block in patients both with and without known underlying cardiac conduction abnormalities. Syncope episodes have been reported in association with the use of ARICEPT™. **Gastrointestinal Conditions:** Through their primary action, cholinesterase inhibitors may be expected to increase gastric acid secretion due to increased cholinergic activity. Therefore, patients should be monitored closely for symptoms of active or occult gastrointestinal bleeding, especially those at increased risk for developing ulcers, e.g., those with a history of ulcer disease or those receiving concurrent nonsteroidal anti-inflammatory drugs (NSAIDs). Clinical studies of ARICEPT™ have shown no increase, relative to placebo, in the incidence of either peptic ulcer disease or gastrointestinal bleeding. ARICEPT™, as a predictable consequence of its pharmacological properties, has been shown to produce diarrhea, nausea and vomiting. These effects, when they occur, appear more frequently with the 10 mg/day dose than with the 5 mg/day dose. In most cases, these effects have been mild and transient, sometimes lasting one to three weeks, and have resolved during continued use of ARICEPT™.

Genitourinary: Although not observed in clinical trials of ARICEPT™, cholinomimetics may cause bladder outflow obstruction.

Neurological Conditions: Seizures: Cholinomimetics are believed to have some potential to cause generalized convulsions.

However, seizure activity also may be a manifestation of Alzheimer’s Disease. **Pulmonary Conditions:** Because of their cholinomimetic actions, cholinesterase inhibitors should be prescribed with care to patients with a history of asthma or obstructive pulmonary disease. **PRECAUTIONS** **Drug-Drug Interactions** (See Clinical Pharmacology: Clinical Pharmacokinetics: Drug-Drug Interactions) **Effect of ARICEPT™ on the Metabolism of Other Drugs:** No *in vivo* clinical trials have investigated the effect of ARICEPT™ on the clearance of drugs metabolized by CYP 3A4 (e.g. cisapride, terfenadine) or by CYP 2D6 (e.g. imipramine). However, *in vitro* studies show a low rate of binding to these enzymes (mean K_d about 50-130 μ M), that, given the therapeutic plasma concentrations of donepezil (164 nM), indicates little likelihood of interference. Whether ARICEPT™ has any potential for enzyme induction is not known. Formal pharmacokinetic studies evaluated the potential of ARICEPT™ for interaction with theophylline, cimetidine, warfarin, digoxin and ketocanazole. No effects of ARICEPT™ on the pharmacokinetics of these drugs were observed. **Effect of Other Drugs on the Metabolism of ARICEPT™:** Ketocanazole and quinidine, inhibitors of CYP450 3A4 and 2D6, respectively, inhibit donepezil metabolism *in vitro*. Whether there is a clinical effect of quinidine is not known. In a 7-day crossover study in 18 healthy volunteers, ketocanazole (200 mg q.d.) increased mean donepezil (5 mg q.d.) concentrations (AUC₀₋₂₄ and C_{max}) by 36%. The clinical relevance of this increase in concentration is unknown. Inducers of CYP 2D6 and CYP 3A4 (e.g., phenytoin, carbamazepine, dexamethasone, rifampin, and phenobarbital) could increase the rate of elimination of ARICEPT™. Formal pharmacokinetic studies demonstrated that the metabolism of ARICEPT™ is not significantly affected by concurrent administration of digoxin or cimetidine. **Use with Anticholinergics:** Because of their mechanism of action, cholinesterase inhibitors have the potential to interfere with the activity of anticholinergic medications. **Use with Cholinomimetics and Other Cholinesterase Inhibitors:** A synergistic effect may be expected when cholinesterase inhibitors are given concurrently with succinylcholine, similar neuromuscular blocking agents or cholinergic agonists such as bethanechol. **Carcinogenesis, Mutagenesis, Impairment of Fertility** No evidence of a carcinogenic potential was obtained in an 88-week carcinogenicity study of donepezil hydrochloride conducted in CD-1 mice at doses up to 180 mg/kg/day (approximately 90 times the maximum recommended human dose on a mg/m² basis), or in a 104-week carcinogenicity study in Sprague-Dawley rats at doses up to 30 mg/kg/day (approximately 30 times the maximum recommended human dose on a mg/m² basis). Donepezil was not mutagenic in the Ames reverse mutation assay in bacteria, or in a mouse lymphoma forward mutation assay *in vitro*. In the chromosome aberration test in cultures of Chinese hamster lung (CHL) cells, some clastogenic effects were observed. Donepezil was not clastogenic in the *in vivo* micronucleus test and was not genotoxic in an *in vivo* unscheduled DNA synthesis assay in rats. Donepezil had no effect on fertility in rats at doses up to 10 mg/kg/day (approximately 8 times the maximum recommended human dose on a mg/m² basis). **Pregnancy** **Pregnancy Category C:** Teratology studies conducted in pregnant rats at doses up to 16 mg/kg/day (approximately 13 times the maximum recommended human dose on a mg/m² basis) and in pregnant rabbits at doses up to 10 mg/kg/day (approximately 16 times the maximum recommended human dose on a mg/m² basis) did not disclose any evidence for a teratogenic potential of donepezil. However, in a study in which pregnant rats were given up to 10 mg/kg/day (approximately 8 times the maximum recommended human dose on a mg/m² basis) from day 17 of gestation through day 20 postpartum, there was a slight increase in still births and a slight decrease in pup survival through day 4 postpartum at this dose; the next lower dose tested was 3 mg/kg/day. There are no adequate or well-controlled studies in pregnant women. ARICEPT™ should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers** It is not known whether donepezil is excreted in human breast milk. ARICEPT™ has no indication for use in nursing mothers. **Pediatric Use** There are no adequate and well-controlled trials to document the safety and efficacy of ARICEPT™ in any illness occurring in children. **Geriatric Use** Alzheimer’s disease is a disorder occurring primarily in individuals over 55 years of age. The mean age of the patients enrolled in the clinical studies with ARICEPT™ was 73 years; 80% of these patients were between 65 and 84 years old and 49% of the patients were at or above the age of 75. The efficacy and safety data presented in the clinical trials section were obtained from these patients. There were no clinically significant differences in most adverse events reported by patient groups ≥ 65 years old and < 65 years old. **ADVERSE REACTIONS** **Mild to Moderate Alzheimer’s Disease** **Adverse Events Leading to Discontinuation** The rates of discontinuation from controlled clinical trials of ARICEPT™ due to adverse events for the ARICEPT™ 5 mg/day treatment groups were comparable to those of placebo-treatment groups at approximately 5%. The rate of discontinuation of patients who received 7-day escalations from 5 mg/day to 10 mg/day, was higher at 13%. The most common adverse events leading to discontinuation, defined as those occurring in at least 2% of patients and at twice the incidence seen in placebo patients, are shown in Table 1. **Table 1. Most Frequent Adverse Events Leading to Withdrawal from Controlled Clinical Trials by Dose Group (Placebo, 5 mg/day ARICEPT™, and 10 mg/day ARICEPT™, respectively); Patients Randomized (355, 350, 315); Event/% Discontinuing:** Nausea (1%, 1%, 3%), Diarrhea (0%, <1%, 3%), Vomiting (<1%, <1%, 2%), **Most Frequent Adverse Clinical Events Seen in Association with the Use of ARICEPT™:** The most common adverse events, defined as those occurring at a frequency of at least 5% in patients receiving 10 mg/day and twice the placebo rate, are largely predicted by ARICEPT™’s cholinomimetic effects. These include nausea, diarrhea, insomnia, vomiting, muscle cramp, fatigue and anorexia. These adverse events were often of mild intensity and transient, resolving during continued ARICEPT™ treatment without the need for dose modification. There is evidence to suggest that the frequency of these common adverse events may be affected by the rate of titration. An open-label study was conducted with 269 patients who received placebo in the 15 and 30-week studies. These patients were titrated to a dose of 10 mg/day over a 6-week period. The rates of common adverse events were lower than those seen in patients titrated to 10 mg/day over one week in the controlled clinical trials and were comparable to those seen in patients on 5 mg/day. See Table 2 for a comparison of the most common adverse events following one and six week titration regimens. **Table 2. Comparison of rates of adverse events in patients titrated to 10 mg/day over 1 and 6 weeks (No titration: Placebo [n=315], No titration: 5 mg/day [n=311], One week titration: 10 mg/day [n=315], Six week titration: 10 mg/day [n=269], respectively):** Nausea (6%, 5%, 19%, 6%); Diarrhea (5%, 8%, 15%, 9%); Insomnia (6%, 6%, 14%, 6%); Fatigue (3%, 4%, 8%, 3%); Vomiting (3%, 3%, 8%, 5%); Muscle cramps (2%, 6%, 8%, 3%); Anorexia (2%, 3%, 7%, 3%). **Adverse Events Reported in Controlled Trials** The events cited reflect experience gained under closely monitored conditions of clinical trials in a highly selected patient population. In actual clinical practice or in other clinical trials, these frequency estimates may not apply, as the conditions of use, reporting behavior, and the kinds of patients treated may differ. Table 3 lists treatment emergent signs and symptoms that were reported in at least 2% of patients in placebo-controlled trials who received ARICEPT™ and for which the rate of occurrence was greater for ARICEPT™ assigned than placebo assigned patients. In general, adverse events occurred more frequently in female patients and with advancing age. **Table 3. Adverse Events Reported in Controlled Clinical Trials in Mild to Moderate Alzheimer’s Disease in at Least 2% of Patients Receiving ARICEPT™ and at a Higher Frequency than Placebo-treated Patients (Body System/Adverse Event: Placebo [n=355], ARICEPT™ [n=747], respectively):** Percent of Patients with any Adverse Event: 72, 74. **Body as a Whole:** Headache (9, 10); Pain, various locations (8, 9); Accident (6, 7); Fatigue (3, 5). **Cardiovascular System:** Syncope (1, 2). **Digestive System:** Nausea (6, 11); Diarrhea (5, 10); Vomiting (3, 5); Anorexia (2, 4). **Hemic and Lymphatic System:** Erythrocytosis (3, 4). **Metabolic and Nutritional Systems:** Weight Decrease (1, 3). **Musculoskeletal System:** Muscle Cramps (2, 6); Arthritis (1, 2). **Nervous System:** Insomnia (6, 9); Dizziness (6, 8); Depression (<1, 3); Abnormal Dreams (0, 3); Somnolence (<1, 2). **Urogenital System:** Frequent Urination (1, 2). **Other Adverse Events Observed During Clinical Trials:** ARICEPT™ has been administered to over 1700 individuals during clinical trials worldwide. Approximately 1200 of these patients have been treated for at least 3 months and more than 1000 patients have been treated for at least 6 months. Controlled and uncontrolled trials

in the United States included approximately 900 patients. In regards to the highest dose of 10 mg/day, this population includes 650 patients treated for 3 months, 475 patients treated for 6 months and 116 patients treated for over 1 year. The range of patient exposure is from 1 to 1214 days. Treatment emergent signs and symptoms that occurred during 3 controlled clinical trials and two open-label trials in the United States were recorded as adverse events by the clinical investigators using terminology of their own choosing. To provide an overall estimate of the proportion of individuals having similar types of events, the events were grouped into a smaller number of standardized categories using a modified COSTART dictionary and event frequencies were calculated across all studies. These categories are used in the listing below. The frequencies represent the proportion of 900 patients from these trials who experienced that event while receiving ARICEPT™. All adverse events occurring at least twice are included, except for those already listed in Tables 2 or 3. COSTART terms too general to be informative, or events less likely to be drug caused, are classified by body system and listed using the following definitions: **frequent adverse events**—those occurring in at least 1/100 patients; **infrequent adverse events**—those occurring in 1/100 to 1/1000 patients. These adverse events are not necessarily related to ARICEPT™ treatment and in most cases were observed at a similar frequency in placebo-treated patients in the controlled studies. No important additional adverse events were seen in studies conducted outside the United States. **Body as a Whole:** **Frequent:** influenza, chest pain, toothache, **Infrequent:** fever, edema face, periorbital edema, hernia hiatal, abscess, cellulitis, chills, generalized coldness, head fullness, listlessness. **Cardiovascular System:** **Frequent:** hypertension, vasodilation, atrial fibrillation, hot flashes, hypotension; **Infrequent:** angina pectoris, postural hypotension, myocardial infarction, AV block (first degree), congestive heart failure, arteritis, bradycardia, peripheral vascular disease, supraventricular tachycardia, deep vein thrombosis. **Digestive System:** **Frequent:** fecal incontinence, gastrointestinal bleeding, bloating, epigastric pain; **Infrequent:** eructation, gingivitis, increased appetite, flatulence, periorbital abscess, cholelithiasis, diverticulitis, drooling, dry mouth, fever sore, gastritis, irritable colon, tongue edema, epigastric distress, gastroenteritis, increased transaminases, hemorrhoids, ileus, increased thirst, jaundice, melena, polydipsia, duodenal ulcer, stomach ulcer. **Endocrine System:** **Infrequent:** diabetes mellitus, goiter. **Hemic and Lymphatic System:** **Infrequent:** anemia, thrombocytopenia, thrombocytopenia, eosinophilia, erythrocytopenia. **Metabolic and Nutritional Disorders:** **Frequent:** dehydration; **Infrequent:** gout, hypokalemia, increased creatine kinase, hyperglycemia, weight increase, increased lactate dehydrogenase. **Musculoskeletal System:** **Frequent:** bone fracture; **Infrequent:** muscle weakness, muscle fasciculation. **Nervous System:** **Frequent:** delusions, tremor, irritability, paresthesia, aggression, vertigo, ataxia, increased libido, restlessness, abnormal crying, nervousness, aphasia; **Infrequent:** cerebrotendinous aneurysm, intracranial hemorrhage, transient ischemic attack, emotional lability, neuralgia, coldness (localized), muscle spasm, dysphoria, gait abnormality, hypertension, hypokinesia, neurodermatitis, numbness (localized), paranoia, dysarthria, dysphasia, hostility, decreased libido, melancholia, emotional withdrawal, nystagmus, pacing. **Respiratory System:** **Frequent:** dyspnea, sore throat, bronchitis; **Infrequent:** epistaxis, post nasal drip, pneumonia, hyperventilation, pulmonary congestion, wheezing, hypoxia, pharyngitis, pleurisy, pulmonary collapse, sleep apnea, snoring. **Skin and Appendages:** **Frequent:** pruritus, diaphoresis, urticaria; **Infrequent:** dermatitis, erythema, skin discoloration, hyperkeratosis, alopecia, fungal dermatitis, herpes zoster, hirsutism, skin striae, night sweats, skin ulcer. **Special Senses:** **Frequent:** cataract, eye irritation, vision blurred; **Infrequent:** dry eyes, glaucoma, earache, tinnitus, blepharitis, decreased hearing, retinal hemorrhage, otitis externa, otitis media, bad taste, conjunctival hemorrhage, ear buzzing, motion sickness, spots before eyes. **Urogenital System:** **Frequent:** urinary incontinence, nocturia; **Infrequent:** dysuria, hematuria, urinary urgency, urinary incontinence, cystitis, enuresis, prostate hypertrophy, pyelonephritis, inability to empty bladder, breast fibroadenosis, fibrocystic breast, mastitis, pyuria, renal failure, vaginitis. **Severe Alzheimer’s Disease** **Adverse Events Leading to Discontinuation:** The rates of discontinuation from controlled clinical trials of ARICEPT™ due to adverse events for the ARICEPT™ patients were approximately 12% compared to 7% for placebo patients. The most common adverse events leading to discontinuation, defined as those occurring in at least 2% of ARICEPT™ patients and at twice the incidence seen in placebo patients, were anorexia (2% vs 1% placebo), nausea (2% vs <1% placebo), diarrhea (2% vs 0% placebo), and urinary tract infection (2% vs 1% placebo). **Most Frequent Adverse Clinical Events Seen in Association with the Use of ARICEPT™:** The most common adverse events, defined as those occurring at a frequency of at least 5% in patients receiving ARICEPT™ and twice the placebo rate, are largely predicted by ARICEPT™’s cholinomimetic effects. These include diarrhea, anorexia, vomiting, nausea, and erythema. These adverse events were often of mild intensity and transient, resolving during continued ARICEPT™ treatment without the need for dose modification. **Adverse Events Reported in Controlled Trials** Table 4 lists treatment emergent signs and symptoms that were reported in at least 2% of patients in placebo-controlled trials who received ARICEPT™ and for which the rate of occurrence was greater for ARICEPT™ assigned than placebo assigned patients. **Table 4. Adverse Events Reported in Controlled Clinical Trials in Severe Alzheimer’s Disease in at Least 2% of Patients Receiving ARICEPT™ and at a Higher Frequency than Placebo-treated Patients (Body System/Adverse Event: Placebo [n=392], ARICEPT™ [n=501], respectively):** Percent of Patients with any Adverse Event: 73, 81. **Body as a Whole:** Accident (12, 13); Infection (9, 11); Headache (3, 4); Pain (2, 3); Back Pain (2, 3); Fever (1, 2); Chest Pain (<1, 2). **Cardiovascular System:** Hypertension (2, 3); Hemorrhage (1, 2); Syncope (1, 2). **Digestive System:** Diarrhea (4, 10); Vomiting (4, 8); Anorexia (4, 8); Nausea (2, 6). **Hemic and Lymphatic System:** Erythrocytosis (2, 5). **Metabolic and Nutritional Systems:** Creatine Phosphokinase Increased (1, 3); Dehydration (1, 2); Hyperlipemia (<1, 2). **Nervous System:** Insomnia (4, 5); Hostility (2, 3); Nervousness (2, 3); Hallucinations (1, 3); Somnolence (1, 2); Dizziness (1, 2); Depression (1, 2); Confusion (1, 2); Emotional Lability (1, 2); Personality Disorder (1, 2). **Skin and Appendages:** Eczema (2, 3). **Urogenital System:** Urinary Incontinence (1, 2). **Other Adverse Events Observed During Clinical Trials** ARICEPT™ has been administered to over 600 patients with severe Alzheimer’s Disease during clinical trials of at least 6 months duration, including 3 double blind placebo controlled trials, one of which had an open label extension. All adverse events occurring at least twice are included, except for those already listed in Table 4. COSTART terms too general to be informative, or events less likely to be drug caused, are classified by body system using the COSTART dictionary and listed using the following definitions: **frequent adverse events**—those occurring in at least 1/100 patients; **infrequent adverse events**—those occurring in 1/100 to 1/1000 patients. These adverse events are not necessarily related to ARICEPT™ treatment and in most cases were observed at a similar frequency in placebo-treated patients in the controlled studies. **Body as a Whole:** **Frequent:** abdominal pain, asthenia, fungal infection, flu syndrome; **Infrequent:** allergic reaction, cellulitis, malaise, sepsis, face edema, hernia. **Cardiovascular System:** **Frequent:** hypotension, bradycardia, ECG abnormal, heart failure; **Infrequent:** myocardial infarction, angina pectoris, atrial fibrillation, congestive heart failure, peripheral vascular disorder, supraventricular extrasystoles, ventricular extrasystoles, cardiomegaly. **Digestive System:** **Frequent:** constipation, gastroenteritis, fecal incontinence, dyspepsia; **Infrequent:** gamma glutamyl transpeptidase increase, gastritis, dysphagia, periodontitis, stomach ulcer, periorbital abscess, flatulence, liver function tests abnormal, eructation, esophagitis, rectal hemorrhage. **Endocrine System:** **Infrequent:** diabetes mellitus. **Hemic and Lymphatic System:** **Frequent:** anemia; **Infrequent:** leukocytosis. **Metabolic and Nutritional Disorders:** **Frequent:** weight loss, peripheral edema, edema, lactic dehydrogenase increased, alkaline phosphatase increased; **Infrequent:** hypercholesterolemia, hypokalemia, hypoglycemia, weight gain, bilirubinemia, BUN increased, B₁₂ deficiency anemia, cachexia, creatinine increased, gout, hyponatremia, hypoproteinemia, iron deficiency anemia, SGOT increased, SGPT increased. **Musculoskeletal System:** **Frequent:** arthritis; **Infrequent:** arthrosis, bone fracture, arthralgia, leg cramps, osteoporosis, myalgia. **Nervous System:** **Frequent:** agitation, anxiety, tremor, convulsion, wandering, abnormal gait; **Infrequent:** apathy, vertigo, delusions, abnormal dreams, cerebrovascular accident, increased salivation, ataxia, euphoria, vasodilation, cerebral hemorrhage, cerebral infarction, cerebral ischemia, dementia, extrapyramidal syndrome, grand mal convulsion, hemiplegia, hemiparesis, hypokinesia. **Respiratory System:** **Frequent:** pharyngitis, pneumonia, cough increased, bronchitis; **Infrequent:** dyspnea, rhinitis, asthma. **Skin and Appendages:** **Frequent:** rash, skin ulcer, pruritus; **Infrequent:** psoriasis, skin discoloration, herpes zoster, dry skin, sweating, urticaria, vesiculobullous rash. **Special Senses:** **Infrequent:** conjunctivitis, glaucoma, abnormal vision, ear pain, lacrimation disorder. **Urogenital System:** **Frequent:** urinary tract infection, cystitis, hematuria, glycosuria; **Infrequent:** vaginitis, dysuria, urinary frequency, albuminuria. **Postintroduction Reports** Voluntary reports of adverse events temporally associated with ARICEPT™ that have been received since market introduction that are not listed above, and that there is inadequate data to determine the causal relationship with the drug include the following: abdominal pain, agitation, cholecystitis, confusion, convulsions, hallucinations, heart block (all types), hemolytic anemia, hepatitis, hyponatremia, neuroleptic malignant syndrome, pancreatitis, and rash. **OVERDOSAGE** Because strategies for the management of overdose are continually evolving, it is advisable to contact a Poison Control Center to determine the latest recommendations for the management of an overdose of any drug. As in any case of overdose, general supportive measures should be utilized. Overdose with cholinesterase inhibitors can result in cholinergic crisis characterized by severe nausea, vomiting, salivation, sweating, bradycardia, hypotension, respiratory depression, collapse and convulsions. Increasing muscle weakness is a possibility and may result in death if respiratory muscles are involved. Typical anticholinergics such as atropine may be used as an antidote for ARICEPT™ overdose. Intravenous atropine sulfate titrated to effect is recommended: an initial dose of 1.0 to 2.0 mg IV with subsequent doses based upon clinical response. Atypical responses in blood pressure and heart rate have been reported with other cholinomimetics when co-administered with quaternary anticholinergics such as glycopyrrolate. It is not known whether ARICEPT™ and/or its metabolites can be removed by dialysis (hemodialysis, peritoneal dialysis, or hemofiltration). Dose-related signs of toxicity in animals included reduced spontaneous movement, prone position, staggering gait, lacrimation, clonic convulsions, depressed respiration, salivation, miosis, tremors, fasciculation and lower body surface temperature.

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ing out the discrepancy patients may demonstrate between their behavior and their expressed priorities. "If they say they're here to see you about their health, yet they're not ready to quit smoking... say, 'quitting smoking is the one thing you can do that is most effective for your health.'"

If patients resist the notion to quit, "roll with it. It's not for you to try to convince them to change their behavior." But make sure to bring up smoking in their next office visit. "Sometime I tell my patients, 'every time you see my face I want you to think, quit smoking,'" said Dr. Jaén, who is also a member of AAFP's Tobacco Cessation Advisory Committee.

Antipsychotics Raise Need for Health Checks

BARCELONA — More than 20% of patients taking antipsychotic medications for schizophrenia were at risk for diabetes, more than 30% had undiagnosed hyperlipidemia, and more than 50% had undiagnosed hypertension, a large European epidemiologic study has found.

The findings drive home the need for continuous monitoring of patients taking these drugs, Dr. Marc de Hert and his colleagues wrote in a poster presented at the annual congress of the European College of Neuropsychopharmacology.

The observational study was launched in 2006; it included 2,270 patients with schizophrenia recruited in 12 European countries. Patients made a single clinic visit, during which they underwent a metabolic workup that included measurement of fasting blood glucose, weight, waist, hips, and blood pressure. The patients' median age was 41; 55% were male. Most (76%) had paranoid schizophrenia; the median duration of illness was 11 years.

The most frequently used typical antipsychotics were haloperidol (48%) and zuclopenthixol (20%). The most frequently used atypicals were risperidone (25%), olanzapine (23%), clozapine (19%), amisulpride (17%), and quetiapine (12%).

Only 4% of the patients had a diagnosis of diabetes, yet an additional 24% either had or were at risk of the disorder, wrote Dr. de Hert of the Catholic University Louvain (Belgium). Of these 559 patients, 75 had a fasting blood glucose of at least 126 mg/dL, consistent with diabetes, and 484 presented with an impaired fasting glucose of 100-126 mg/dL. Seven percent (161) previously had been diagnosed with hyperlipidemia. However, an additional 54% of the cohort had undiagnosed hyperlipidemia at the time of the exam.

Hypertension previously had been diagnosed in 248 patients. But at the study visit, an additional 738 patients (32%) had elevated blood pressures; elevations were significantly more likely in those taking a typical than an atypical antipsychotic.

The incidence of metabolic syndrome was similar in both groups (37%).

This study was sponsored and funded by Sanofi-Aventis.

—Michele G. Sullivan

Physicians can support self-efficacy by helping patients identify and build on past successes. Quitting "doesn't have to happen all at once. It can be changing smoking patterns, asking the patient to share his or her ideas about quitting strategies, or calling the quitline. There are multiple ways to get to the point where they are ready to quit," he said.

If patients are keen to quit but aren't ready for intensive interventions, then offer practical counseling interventions such as recommending that they throw away all of their ashtrays and cigarette butts on the day they decide to quit, said Dr. Jaén. Other tips include advising patients not to

have cigarettes in their car, to walk instead of sitting down after a meal, and to brush



'Help the patient understand you know that quitting smoking is a very difficult thing to do.'

DR. JAÉN

their teeth when they crave a cigarette.

He emphasized the importance of social support, saying he urges patients to tell

family members, friends, and coworkers about their decision to quit. "Call them up, and ask how they're doing," he added.

Dr. Jaén said he also warns patients not to consume alcohol when they're in the early stages of quitting, "because alcohol and nicotine are synergistic. Once people start drinking, it's hard for them to stay off cigarettes, especially early on. If people have conflicted relationships, maybe they should avoid that person for a while, too."

A package of 200 quitline referral cards is available free to AAFP members. The cost for nonmembers is \$50 plus shipping. For information, call 800-944-0000 and request item number 966. ■

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- Since the effects of SOMA and CNS depressants (including alcohol) or psychotropic drugs may be additive, appropriate caution should be exercised with patients who take more than one of these agents simultaneously. In postmarketing experience with SOMA, cases of dependence, withdrawal, and abuse have been reported with prolonged use. SOMA should be used with caution in addiction-prone patients. There have been postmarketing reports of seizures in SOMA-treated patients, with most cases having occurred in the setting of multiple drug overdoses.
- Most common side effects include drowsiness, dizziness, and headache.

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