

Project TEACH

Benefits of Quitting Tobacco For People with Mental Health Conditions

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OBJECTIVES

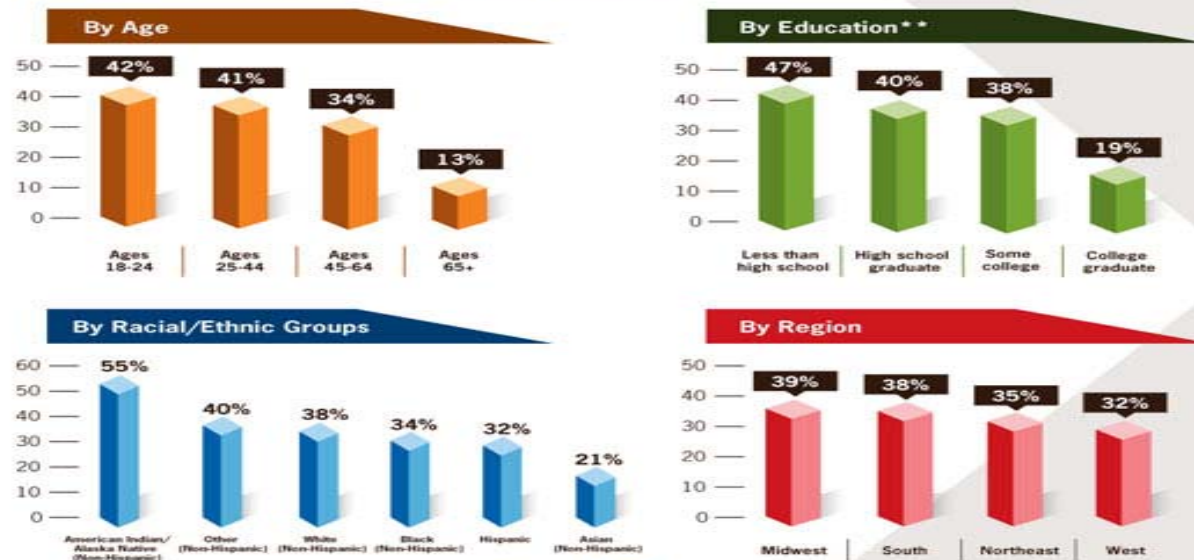
- 1) Explain the impact of tobacco in patients with mental health conditions
- 2) State at least 3 physiological benefits of quitting using tobacco
- 3) State at least 3 psychological benefits of quitting using tobacco

Impact of Smoking in Mental Illness

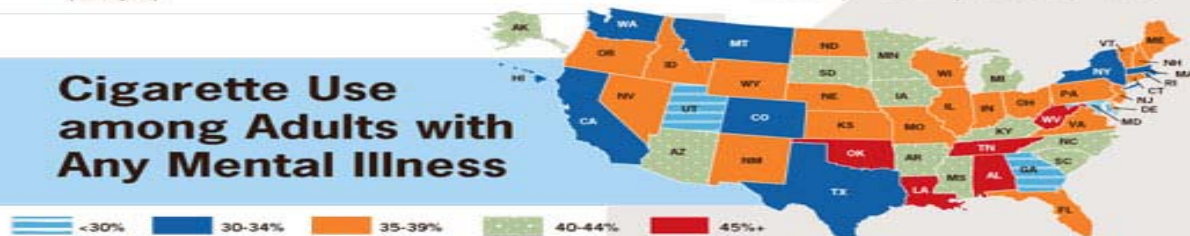
- 1 in 3 adults with mental illness smoke cigarettes (40% of men and 34% of women with mental illness)
- Of these who smoke 48% are below poverty level
- 3 out of 10 cigarettes smoked are smoked by adults with mental illness

Smoking in Mental Illness

Smoking Statistics for US Adults with Mental Illness



Cigarette Use among Adults with Any Mental Illness



Source: National Survey on Drug Use and Health, 2009-2011, Adults ages 18 or older
** Source: National Survey on Drug Use and Health, 2009-2011, Adults ages 25 or older

Why is Important for Patients with MHI to Quit Smoking?

1. People with serious psychiatric disorders die on average 25 years earlier from smoking related diseases than people without these disorders
2. It causes more deaths each year than all these combined:
 - HIV, illegal drug use, alcohol use, motor vehicle accidents and firearm-related accidents

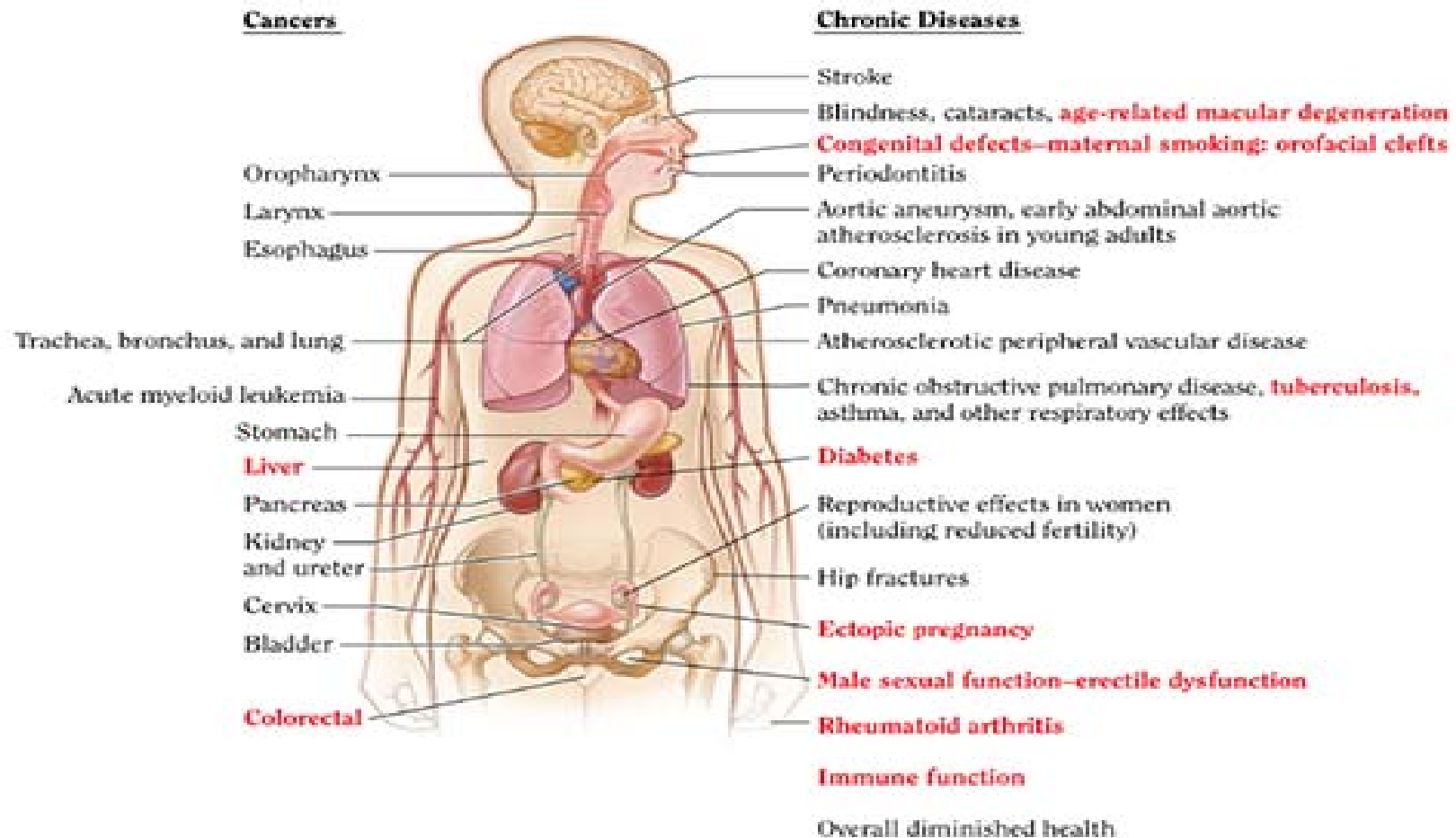
Tobacco-Linked Mortality

- Comprised 53% of total deaths in people with schizophrenia
- Comprised 48% of total deaths in people with bipolar disorder
- Comprised 50% of total deaths in people with depressive disorder

Tobacco-Linked Disease

- Tobacco-associated cardiac and pulmonary illness and cancer are more common in people with psychiatric disorders.
- It is estimated to increase the risk:
 - For coronary artery disease by 2-4 times
 - For stroke by 2-4 times
 - Of men developing lung cancer by 25 times
 - Of women developing lung cancer by 25.7 times

What Tobacco Does to the Body



Physiological Benefits of Quitting Smoking

Two Weeks After Quitting:

- Heart rate and blood pressure begin to return to normal
- Carbon monoxide levels begin to return to normal
- Blood circulation begins to improve
- Breathing improves
- Sense of smell and taste improve
- Phlegm production decreases

Physiological Benefits of Quitting Smoking (continued)

Three months after quitting:

- Lung function improves
- Fatigue decreases
- Skin appearance improves
- Will have saved approximately \$644

Physiological Benefits of Quitting Smoking (continued)

One year after quitting:

- The risk of having a heart attack is reduced by 50%
- Allergy flare-ups decrease
- If pregnant, chances of having a healthy baby increases
- Will have saved approximately \$2,555

Physiological Benefits of Quitting Smoking (continued)

Five Years after Quitting:

- The risk of having a heart attack returns to levels equal to people who never smoke
- The risk of having a stroke returns to levels equal to people who never smoke
- Will have saved approximately \$12,775

Physiological Benefits of Quitting Smoking (continued)

Ten to Fifteen years after quitting:

- The risk of lung cancer is 30-50% that of average smokers
- The risk of cancers of larynx, oral cavity, esophagus, pancreas, bladder is reduced
- Will have saved \$25,550

Physiological Benefits of Quitting Smoking (continued)

Fifteen to Thirty years after quitting:

- The risk of developing lung cancer decreases to the level of non-smokers (by 30 years)
- The risk of developing COPD decreases to the level of non-smokers (by 20 years)
- Will have saved approximately \$51,000

Mental Health Benefits of Quitting Smoking

- Smoking predicts suicidal behavior independently of mental illness
- Improvement of psychiatric symptoms:
 - Anxiety
 - Mixed anxiety and depression
 - Depression
 - Stress
 - Psychological quality of life
 - Positive affect

Mental Health Benefits of Quitting Smoking (continued)

- At long-term follow-ups with people with psychiatric disorders, quitting is associated with:
 - Improvement in negative and positive affect
 - Decreased depressive symptoms
 - Greater rates of remission from major depressive episode
 - Reduced risk of developing or maintaining a substance use disorder
 - And did not increase the risk of major depressive disorder

Of Note

A Review of Literature published in 2013 by the Royal Australian and New Zealand College of Psychiatrists reported:

- Six studies involving 735 people diagnosed with Schizophrenia, Schizoaffective disorder or Psychotic disorder did not find significant changes in mental health status after quitting smoking
- Five out of six studies involving 1,293 people with a history of major depression did not find an increased risk of depression with abstinence from smoking, while one study did.

Of Note (continued)

- One study which analyzed data from a randomized trial of 322 actively depressed smokers, and examined the effect of smoking cessation on their mental health functioning concluded that “individuals being treated for clinical depression can be helped to stop smoking without adversely affecting their mental health functioning”.

(Am JPublic Health. 2008;98:446–448)

Of Note (continued)

- Another recent study concluded that successfully smoking cessation does not contribute to adverse health outcomes, even in clients with current psychopathology (D.W. Capron et al. / Addictive Behaviors 39 (2014) 782–788)

Other Benefits of Quitting Smoking

- Saving money: Patients with schizophrenia spend 27.4% of median monthly income on purchase of cigarettes (Ruther et al., *European Psych*; 2014; 29: 65-82)
- Skin appearance improves
- Fatigue decreases
- Teeth, nails appearance better
- No need to isolate from others
- No need to look constantly for smoking places

In Conclusion

- Let's keep helping our clients/patients quit using tobacco!!!

References

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- <http://www.healthline.com/health-slideshow/quit-smoking-timeline#3>
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- D.W. Capron et al. / *Addictive Behaviors* 39 (2014) 782–788