

Carel's Pharmacy & Compounding Center

Rich McCormack, DPh
Mark Corrales, DPh

1810 W. Gore Blvd. Lawton, OK 73501
Phone: (580) 355-4540 Fax: (580) 248-2012
carelsrx@sbcglobal.net

Issue 8
August 2005

Nicotine and its side effects

Nicotine is an addictive drug that is found in tobacco products. By addiction we mean that nicotine causes a desire for continued use. Tobacco products also contain tar and other toxic chemicals in the smoke that can damage the linings of the mouth, throat, and lungs. One thought process behind quitting is to remove tobacco products and replace them with a nicotine supplement and gradually wean off of the nicotine over 6 to 8 weeks.

Effects of Nicotine

The immediate effects of nicotine in the body can include: increase in blood pressure and heart rate; thickening of the blood; narrowing of the arteries; decrease in skin temperature; increase in respiration; stimulation of the central nervous system; and nausea and vomiting.

The delayed effects of nicotine in the body can include: high blood pressure; blockage of blood vessels; depletion of vitamin C; reduction in immune system effectiveness; cancer; bronchitis; emphysema; stomach ulcer; weight loss; dry skin; and production of abnormal sperm.

In pregnant women, smoking can lead to: a greater risk of premature detachment of the placenta; greater occurrence of miscarriage and stillbirth; impairment of mental and physical development of the baby; sudden infant death syndrome; and hyperactivity in children on women who smoked during their pregnancy.

Nicotine Withdrawal

Nicotine withdrawal symptoms can include: drop in pulse rate and blood pressure; disturbances in sleep; slower reaction; restlessness; tension; depression; irritability; constipation; and difficulty concentrating.

Smoking Cessation Products

There are products available containing a nicotine supplement allowing the patient to gradually decrease the amount of nicotine they are receiving. The supplements are available as patches, gum, oral lozenges and lollipops. When using lollipops the patient still receives the hand to mouth action as with smoking.

This month's featured compounds are **Nicotine 2mg** and **4mg Lollipops**.

Nicotine Lollipops are used for smoking cessation. They are a combination of nicotine and sweeteners combined in a sugar free sorbitol base. They are available in 2mg and 4mg strengths. Patients use the lollipop when they feel the urge to smoke and then return the lollipop to the container for later use. If the smoker uses less than 1 & 1/2 packs per day, they use 2mg lollipops for four to five weeks. If the smoker uses an excess of 1 & 1/2 packs per day, they use 4mg lollipops for two to three weeks then decreasing to 2mg lollipops for another 2 to 3 weeks. One lollipop generally lasts 4 to 5 smoke breaks.

If you have any questions regarding these therapies or any other medication related problems, please call our specially trained compounding pharmacists and staff at (580) 355-4540.