



March 9th, 2015

March is Pharmacist Awareness Month – Stop Smoking Now!

There are almost 6,000 licensed pharmacists taking care of British Columbians' needs in the community and in hospitals across the province.

Keep That Resolution!

How is your resolution to quit smoking going? If you're having trouble, you may be interested in new research showing a form of aversion therapy that may make its way into the arsenal. While smokers were sleeping, they were exposed to the smell of cigarettes along with a "profoundly" unpleasant odour, such as rotten eggs or rotten fish, during stage 2 sleep. After just one "treatment," smoking was reduced for days! This definitely merits further investigation.

Help to Stay Smoking-Free

Smoking rates among those with mental illnesses tend to be much higher than those of the general population. However, these patients can be the most resistant to quitting and treatment options may be limited by their condition and/or other medications. Now, a study of varenicline (Champix©) on an ongoing basis as maintenance is showing some promise. The study was small and it's still controversial, but maybe the beginning of some hope?

Second-Hand Smoke and Pregnancy Don't Mix

Smoking while pregnant is almost universally frowned on these days, and now second-hand smoke is proving to be almost as bad. An American multi-centre study has found that exposure to second-hand smoke during pregnancy resulted in an over 32% rate of miscarriage and over 4% rate of stillbirth. Ectopic pregnancies were also more likely, especially in women who had previously smoked.

Smoke Harmful Whether its Tobacco, Marijuana or ...

Marijuana research is attracting more attention these days, what with all the regulatory changes. Health benefit claims are being explored – as are the side effects. A small California study has found that the second-hand smoke from smoking pot is just as harmful as that of tobacco. Researchers found that smoke damages the blood vessels and heart, regardless of the source, be it cigarettes, cigars, marijuana, hookah – or even wood fires.

Some lifestyle choices are not only damaging to ourselves, but we may inadvertently harm those around us, those we care about. All the more reason to make good changes – your pharmacist is there to help along the way.