



SUPERVALU Pharmacies Intern Express

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COMPANY NEWS

OTC STOP SMOKING PRODUCTS

Over 430,000 people die every year in the United States due to smoking-related illnesses. It is a direct cause of almost 90% of lung cancer cases and most cases of chronic bronchitis and emphysema. Smoking-related morbidity and mortality, however, is highly preventable. Pharmacists are in a unique position in the community to educate patients on the benefits of smoking cessation and to offer counseling to determine the most effective over-the-counter medications applicable to each case.

Nicotine addiction involves the need to maintain a minimum serum nicotine concentration in order to prevent withdrawal symptoms as well as to elicit feelings of pleasure and/or relief associated with nicotine use. The effects of withdrawal, which include weight gain, irritability, anxiety, insomnia, and difficult concentrating, are expected to peak 24-48 hours after quitting and subside within 2-4 weeks. Medications can be used as aids to help alleviate physiologic withdrawal symptoms and overcome some behavioral habits.

Nicotine Replacement Therapy (NRT) replaces the nicotine in the body that is usually provided through cigarettes and tobacco products. In this way, NRT may help lessen the urge to smoke as well as withdrawal symptoms. NRT products that can be obtained over-the-counter include:

	<i>Advantages</i>	<i>Disadvantages</i>
<i>Nicotine Gum</i>	Satisfies oral cravings; May delay weight gain; Can titrate dose to manage withdrawal symptoms.	Difficult to use with dentures; Patient must use proper chewing technique to minimize adverse effects.
<i>Nicotine Patch</i>	Provides consistent nicotine levels; Easy to use; More compliance.	Cannot titrate dose as easily; Skin reactions to patch; Allergic reactions to adhesive.
<i>Nicotine</i>	Satisfies oral cravings;	Gastrointestinal side effects

<i>Lozenge</i>	Easy to use; Flexibility in dose titration.	(e.g. nausea, hiccups, and heart burn).
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(The nicotine inhaler and nasal spray are NRT products that require a prescription to obtain. Other medication options that require a prescription include bupropion SR and varenicline, which contain no nicotine.)

Important counseling points to share with persons initiating NRT include:

1. Be patient; NRT takes time to get used to. It must be used properly and for the appropriate time period to be effective.
2. Avoid smoking; having 1 or 2 cigarettes while using NRT is not dangerous, however, the goal is to stop smoking when starting NRT. Therefore, you should be ready to quit once NRT is started. If you do slip up, do not give up on the NRT.
3. Do not miss or skip doses; follow medication directions.
4. Titrate medication down as appropriate.
5. Wait 30 minutes after using the gum or lozenge before you eat or drink anything acidic. Acidic foods and drinks (e.g. tomato sauce, oranges, coffee, soda, and fruit juice) can interfere with the action of NRT.

Preparing to Quit

MEDICATION GUIDE

The Medication Guide was created to provide you with a general understanding of the current medications used by smokers who are trying to quit. Please note that this guide may not describe every product available. All of these medicines have been shown to be useful for helping smokers quit. There is no one best medicine for all smokers. Always read the instructions on the package carefully and talk with your doctor or pharmacist if you have questions. Dosing information provided in descriptions of these products is intended only to illustrate typical use of these medications. Individual dosing for prescription medications must be determined by a physician. If you are pregnant, breastfeeding, or have a severe medical problem, talk with your doctor before starting any new medication.

Name of Product (Click on name for more information)	Prescription or Over-the-Counter	Description of Product
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First Line Medications: Nicotine Replacement Therapy (NRT)

Nicotine replacement therapy (NRT) helps individuals quit smoking by reducing the craving sensations associated with withdrawal from the nicotine in tobacco. NRT products provide controlled amounts of nicotine. Individuals reduce their use of NRT products over time, allowing their bodies to gradually adjust to increasingly lower nicotine levels.

Nicotine Patches	Over-the-Counter	The nicotine patch is placed on the skin and supplies a small and steady amount of nicotine into the body. Nicotine patches contain varied concentrations of nicotine
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		(21mg, 14mg, or 7mg, for example) and the user reduces the dose over time.
Nicotine Gum	Over-the-Counter	Nicotine gum is chewed to release nicotine that is absorbed through tissue inside the mouth. The user chews the gum until it produces a tingling feeling, then the gum is placed (parked) between the cheek and gum tissue. Nicotine gums have varied concentrations of nicotine (typically 2mg or 4mg) to allow the user to reduce the amount of nicotine in their system.
Nicotine Lozenges	Over-the-Counter	Nicotine Lozenges look like hard candy and are placed in your mouth to dissolve slowly. The Nicotine lozenge (typically 2mg or 4mg dose of nicotine) releases nicotine as it slowly dissolves in the mouth.
Nicotine Inhaler	Prescription Only	A nicotine inhaler consists of a cartridge attached to a mouthpiece. Inhaling through the mouthpiece delivers a specific amount of nicotine to the user.
Nicotine Nasal Spray	Prescription Only	Nicotine nasal spray is a pump bottle containing nicotine that is inserted into the nose and sprayed. Nicotine nasal spray can be used for fast craving control, especially for heavy smokers.

First Line Medications: Other

Bupropion	Prescription Only	Bupropion, also known as Zyban, helps to reduce nicotine withdrawal symptoms and the urge to smoke. Bupropion can be used safely with nicotine replacement products.
Varenicline	Prescription Only	Varenicline, also known as Chantix, is a prescription medication that eases nicotine withdrawal symptoms and blocks the effects of nicotine from cigarettes if the user resumes smoking.

Second Line Medications

Nortriptyline	Prescription Only	Nortriptyline, also known as Aventyl, is generally prescribed to treat depression; however nortriptyline has been prescribed to assist with smoking cessation when the first line medications do not work. The use of nortriptyline for smoking cessation has not
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		yet been approved by the FDA.
Clonidine	Prescription Only	Clonidine, also known as Catapres, is generally prescribed to treat high blood pressure; however clonidine may reduce tobacco withdrawal symptoms when first line medications do not work. The use of clonidine for smoking cessation has not yet been approved by the FDA.

References: Information provided on the Medication Guide and Fact Sheets was obtained from a variety of sources, such as product information guides; manufacturers' Web sites, medical Web sites, and articles in the medical literature, including Corelli, R.L. & Hudman, K.S. (2006) Pharmacologic interventions for smoking cessation, *Crit Care Nurs Clin N Am*, 18, 39-51.

ANNOUNCEMENTS

H1N1 OVERVIEW

The "swine flu," caused by the novel H1N1 influenza virus was first detected in the spring of 2009. The following June, the World Health Organization declared H1N1 a global pandemic because it had spread to over 70 countries. H1N1 is referred to as the "swine flu" because it is genetically very similar to the influenza viruses that commonly infect swine (pigs). It also contains genetic components of flu viruses that normally infect birds and humans. This virus is contagious and is spread in the same way as the seasonal flu: person-to-person via exposure to the virus from sneezing, coughing, and contact with a surface contaminated with the virus followed by touching one's own mouth, nose, or eyes.

Infected patients are contagious from the day before they get sick up to 7 days after. Symptoms include cough, fever, sore throat, runny or stuffy nose, chills, body aches, and fatigue. The severity of these symptoms ranges from mild to severe and most patients who have contracted this illness fully recovered without the need for medical treatment. However, just as with the seasonal flu, certain populations are at a greater risk for serious complications of "swine flu." This includes those with chronic medical conditions such as diabetes, heart or kidney disease, asthma, as well as pregnant women. Disparities found between "swine flu" and the seasonal flu is that people ≥ 65 years old or ≤ 5 years old do not appear to be at an increased risk for complications from "swine flu" as is the case with the seasonal flu. Additionally, the CDC has found that "swine flu" is generally more severe in patients < 25 years old compared to those > 64 years old, which is unusual.

Antiviral medications are currently used to fight influenza viruses, including H1N1 and serve to decrease the severity and length of illness. These drugs require a prescription and can treat or prevent infection with H1N1. Treatment with these

medications is most effective when started within two days after the onset of illness, but should still be considered after this time period especially for high-risk or immuno-compromised patients. If a patient has been exposed to the virus but is not yet symptomatic, antiviral medications can be up to 70-90% effective in preventing the onset of the flu. In the United States, four influenza antiviral drugs are available: zanamivir, oseltamivir, amantadine, and rimantadine. However, H1N1 viruses found in the United States and Mexico were shown to be resistant to both amantadine and zanamivir. The Centers for Disease Control and Prevention (CDC) currently recommends that either oseltamivir or zanamivir be used for the treatment and/or prevention of the swine flu. However, treatment is generally not necessary unless the patient becomes severely ill from "swine flu." As this virus spreads, there may be a short supply of these medications and so, they must be reserved for patients with a high risk of severe illness.

Vaccines are the most effective means through which the spread of influenza can be controlled. The CDC has already isolated the H1N1 virus and a vaccine has been developed. Because manufacturing mass amounts of a vaccine takes time, the novel H1N1 vaccine is expected to become available Fall 2009. This vaccine will not protect against the seasonal flu and the seasonal flu vaccine will not cover H1N1. However, both vaccines may be administered on the same day. The CDC recommends that certain populations first receive the vaccine when it becomes available. These include: pregnant women, people who live with or care for children <6 months old, healthcare and emergency medical service personnel, people between the ages 6 months-24 years old and people 24-64 years old who are immuno-compromised or have chronic health conditions.

EVENTS

2010 Summer Internship Program

Plans for the 2010 SUPERVALU Summer Internship Program are underway. SUPERVALU offers an 8 week, 40 hour a week paid internship in community pharmacy. During our 8 week program held over 9 weeks (4th of July week is off), you will have the opportunity to become involved with: Patient Care & Customer Service, Pharmacy Operations, Prescription Processing, Drug Interaction/Allergy Screening, Prescription & Over-The-Counter Medication Product Knowledge, Store Operations, Community Projects and much more. Students participating in this program will work 40 hours per week with a schedule consisting of a variety of day, evening and weekend hours. To be eligible all interns must have completed their first year of the professional curriculum at an accredited college of pharmacy (may interview during the first year). The candidate must complete an interview with a company representative and submit a completed employment application. Resumes are appreciated. We are looking for pharmacy students who are enthusiastic about the profession as well as community pharmacy practice. Candidates should have strong interpersonal skills, leadership qualities, a solid academic record, and the

initiative to become an integral part of our pharmacy team. We will be on campus for an informational session and interviews-please contact me for more information.

PHARMACY CAMPUS EVENTS

SUPERVALU is dedicated to supporting the Colleges of Pharmacy and our Interns, please visit with us during these fall recruitment events.

