

# Rapid Rx



## Welcome R1s!



Dr. Christina Fugere was the 1<sup>st</sup> to pose this question - she wins a yummy summer treat on me ... so keep those questions coming!



### Here comes Harvinder...

Harvinder Brar, a **PharmD student** from U of T, will be joining us full-time for **4 weeks** starting **July 30<sup>th</sup>**. Her focus will be providing direct patient care. Appointments can be booked by providing me the patient's name or booking a visit through reception. Please **send us your consults ASAP** ☺!

### Pharmacist Schedule

As a reminder for everybody, here is my schedule these days:

Mon	Tues	Wed	Thurs	Fri
MFP	am SFHC	Alternates	am MFP	SFHC
	pm MFP		pm SFHC	

Drop me an OSCAR if you have a question and I'm not at your site.

### What is Champix®?

Champix® (varenicline), an alpha-4-beta-2 nicotinic acetylcholine receptor partial agonist, offers relief of symptoms + cravings of nicotine withdrawal while blocking the reinforcing effects of continued use through an antagonistic action. Two studies compared it with bupropion in pts > 18 yrs who smoked > 10 cigarettes daily. When data from the 2 trials were pooled, varenicline use was associated with significant improvements in the 4-wk carbon monoxide-confirmed continuous quit rate (44.2% at weeks 9-12 vs. bupropion (29.7%) and placebo (17.7%)). Long-term cessation rates (up to 52 weeks) also look good!

**Dosing:** You can write for the 2-week starter pack and then for the maintenance package. The starter pack has 0.5 mg od days 1-3, 0.5 mg bid days 4-7 then 1 mg bid. The maintenance pack is 0.5 or 1 mg. **Quit date should be between day 8-14.**

**Side Effects:** The main side effect is nausea - it usually subsides in the first 2 weeks (hence starting low and going slow). If a patient can't tolerate it, then they recommend going with the 0.5 mg bid dose for the 12 weeks. Other adverse effects: vomiting, insomnia, abnormal dreams, headache, constipation, gas.

**Cost:** for 12 weeks ~\$350 (vs. 1 pack per day for 12 weeks ~\$900)

#### Anything else you'd like to know?

Check out, [http://www.ctica.org/Champix\\_New\\_Drugs\\_Drug\\_News\\_Jan\\_Feb\\_07.pdf](http://www.ctica.org/Champix_New_Drugs_Drug_News_Jan_Feb_07.pdf)

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