Varenicline, Antidepressants Help Smokers Quit

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London Bureau

arenicline triples the likelihood that a smoker will quit, compared with placebo, and bupropion and nortriptyline double the odds, according to a pair of evidence reviews published Jan. 24.

The Cochrane Collaboration review of varenicline, a nicotine receptor agonist, based its findings on five randomized controlled trials that included more than

4,900 people, more than 2,400 of whom took varenicline (Cochrane Database Syst. Rev. 2007 Jan. 24 [Epub doi: 10.1002/14651858.CD006103.pub2]).

Findings were validated in all of the studies included in the meta-analysis by measuring exhaled carbon monoxide levels.

At 12 months, the pooled odds of the smokers taking varenicline were 3.22 times as great as those taking placebo to have continuously abstained from smoking, according to the reviewers, led by Kate Cahill, of the primary health care department at Oxford University (England). At 12 weeks, patients taking varenicline were 4.07 times as likely as those taking a placebo to have continuously abstained from smoking, and at 24 weeks, 3.53 times as likely, according to the reviewers. However, the reviewers said more comparisons with other smoking-cessation strategies are needed.

Three of the studies did compare varenicline with bupropion, an antidepressant. At 12 months, the smokers taking varenicline were 66% more likely to have abstained from smoking.

The number of smokers needed to treat with varenicline to achieve one more successful quitter is eight, compared with placebo, the reviewers write. By comparison, nicotine replacement therapy requires 20 and bupropion 15.

The reviewers found only one trial of another nicotine agonist, cytisine, that met the reviews' inclusion criteria. That trial increased by 77% the chances that a smoker will abstain from smoking 2 years after treatment.

For varenicline, a derivative of cytisine, the most serious adverse effects were nausea, at rates topping 50%, with discontinuation rates as high as 9.5%. Two of the trials found an increased nausea rate with higher doses, with 17.5% of those taking a



When used as a sole medication, bupropion increased by 94% the chances that a smoker will quit.

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0.3-mg dose daily reporting nausea to 52% of those taking a 1-mg dose twice a day.

No treatment-related deaths were reported for any patients taking varenicline, although nonfatal serious adverse events occurred in all of them. However, all of the studies judged varenicline to be safe and well-tolerated at all dosages and time periods.

All of the varenicline studies meeting the reviewers' inclusion criteria were funded by Pfizer Inc., which manufactures the medication under the brand name Chantix.

The separate review of antidepressants, an update to an earlier report, identifies 17 new randomized controlled trials since 2004 using the medications for smoking cessation (Cochrane Database Syst. Rev. 2007 Jan. 24 [Epub doi 10.1002/14651858.CD000031.pub3]), bringing the total number of trials to 53.

In 31 trials testing bupropion as a sole medication, testing a total of 10,000 patients, the drug increased by 94% the chances that a smoker will quit, compared with a placebo, according to the reviewers, led by Dr. John R. Hughes, a professor in the department of psychiatry at the University of Vermont, Burlington.

In 17 trials with a 12-month follow-up period, smokers who take bupropion were 83% more likely than those on placebo to have abstained from smoking. The reviewers said evidence is insufficient to favor bupropion over nicotine replacement therapy or to add bupropion to nicotine replacement therapy.

Nortriptyline also doubles odds of success. Six trials with 975 patients show those taking nortriptyline are 2.34 times more likely to quit, compared with placebo. Other antidepressants did not demonstrate a long-term effect, the reviewers said.

The most serious side effect of the use of the antidepressants for smoking cessation was a 1 in 1.000 risk of seizures.

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controlled trials. However, discontinuations due to advoirse events (4% for SchuOuct. Vs. 3% for placebo) and a pool of controlled trials. However, discontinuations due to somnolence (0.8% vs. 0% for placebo) and hypotension (0.4% vs. 0% for placebo) were considered to be drug related (see PRECAUTIONS). Adverse Events Occurring at an Incidence of 1% or More Among SEROQUEL Treated Patients in Short-Erre. Placebo-Controlled Trials: The following treatment-emergent adverse events occurred during acute therapy of schizophrenia (up to 6 weeks) and bipolar mania (up to 12 weeks) in 1% or more of patients treated with SEROQUEL (doses ranging from 75 to 800 mg/day) where the incidence in patients treated with SEROQUEL was greater than the incidence in placebo-treated patients. Treatment—Emergent Adverse Experience Incidence in 3- to 12-Week Placebo-Controlled Clinical Trials' for the Treatment of Schizophrenia and Bipolar Mania (monotherapy): Body as a Whole: Headache, Pain, Asthenia, Abdominal, Back Pain, Fever; Cardiovascuta Tachycardia, Postural Hypotension; Digestive: Dry Mouth, Constipation, Vomiting, Dyspepsia, Gastroenteritis, Gamma Glutamyl Transpeptidase Increased; Methodic: Weight Gain, SCPT increased, SCPT increased; Nervous: Agitation, Somnolence, Dizziness, Anxiety; Respiratory: Pharyngitis; Rhinitis; Skin and Appendages: Rash; Special Senses: Amblyopia. In these studies, the most commonly observed adverse events associated with the use of SEROQUEL (incidence of 5% or greater) and observed at a rate on SEROQUEL at least twice that of placebo were somnolence (18%), dizziness (11%), dury monothery, observed at a rate on SEROQUEL at least twice that of placebo were somnolence (18%), dizziness (11%), dury monothery, observed at a rate on SEROQUEL at least twice that of placebo were somnolence during thereinsion, hypertonia, hypotension, increased operative, infection, insomnia, leukopenia, malaise, nausea, nervousness, paresthesia, peripheral edema, sweating, tremor, and weight loss). Table 2, from the full Pr

Disorders: Dry Mouth, Constigation, Dyspepsia, Vomiting, General Disorders and Administrative Site Conditions: Fatigue: Metabolism and Wantifion Disorders: Increased Appetite. Nervous System Disorders: Section, Somnience, Commonly observed adverse events associated with the use of SFR00ULE (Incidence of 5% or greater) and observed at a rate on SFR00ULE, at least twice that of placebo were dry mouth (44%), setation (35%), somnience (28%), disorders and served as a rate on SFR00ULE, at least twice that of placebo were dry mouth (44%), setation (35%), somnience (28%), disorders and served as a rate on SFR00ULE, at least twice that of placebo were dry mouth (44%), setation (35%), somnience (28%), disorders and disorders as a rate on SFR00ULE, at least twice that of placebo were dry mouth (44%), setation (35%), somnience (28%), disorders and disorders of the setation (35%), commonience (28%), disorders of the setation (35%), and the setation (35%) of the setation (35%), disorders of the setation (3

DNOT ABOSE AND DEPENDENCE: Controlled Substance class: Servicute: Is not a controlled substance. Physical and Psychologic dependence: SERQOUEL has not been systematically suitided, in animals or humans, for its potential for abuse, tolerance or physical dependence. While the clinical trials did not reveal any tendency for any drug-seeking behavior, these observations were not systematic and it is not possible to predict on the basis of this limited experience the extent to which a CNS-active drug will be misused, diverted, and/or abused once marketed. Consequently, patients should be evaluated carefully for a history of drug abuse, and such patients should be observed closely for signs of misuse or abuse of SERQOUEL, e.g., development of tolerance, increases in dose, drug-seeking behavior.

should be evaluated carefully for a history of drug abuse, and such patients should be observed closely for signs of misuse or abuse of SEROQUEL, e.g., development of tolerance, increases in dose, drug-seeking behavior.

OVERDOSAGE: Human experience: Experience with SEROQUEL in acute overdosage was limited in the clinical trial database (6 reports) with estimated doses ranging from 1200 mg to 9600 mg and no fatalities. In general, reported signs and symptoms were those resulting from an exaggeration of the drug's known pharmacological effects, i.e., drowsiness and sedation, tachycardia and hypotension. One case, involving an estimated overdose of 9600 mg, was associated with hypokalemia and first degree heart block. In post-marketing experience, there have been very rare reports of overdose of SEROQUEL alone resulting in death, coma, or OTc prolongation. Management of Overdosage; race of experience of the post-billing of obtaindation, seizure or dystonic reaction of the head and nex following overdose may create a risk of aspiration with induced emesis. Cardiovascular monitoring should commence immediately and should include continuous electrocardiographic monitoring to detect possible arrhythmias. If antiarrhythmic therapy is administered, disopyramide, procainamide and quinidine carry a theoretical hazard of additive OT-prolonging effects when administered in patients with acute overdosage of SEROQUEL. Similarly it is reasonable to expect that the alpha-adrenergic-biolocking properties of bretylium might be additive to those of quetiapine, resulting in problematic hypotension. There is no spiric antidote to SEROQUEL. Therefore appropriate supportive measures should be instituted. The possibility of multiple drug involvement should be considered. Hypotension and circulatory collapse should be instituted. The possibility of multiple drug involvement should be considered. Hypotension and circulatory collapse should be instituted. The possibility of multiple drug involvement should be considered. Hypotension and