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## Optimizing Surgical Outcomes

Health care providers in BC have identified an important group of patients to assist with cessation – those enrolled for elective surgery. Benefits to abstaining from tobacco before surgery include reduced risk of infection, fewer complications with the anaesthetic, and improved healing. Plans are underway to provide a similar service here in Saskatchewan. If you are interested in being involved please contact Janice at [janice.pact@gmail.com](mailto:janice.pact@gmail.com). For more information about the Harmonization project in BC visit: <http://harmonization.ok.ubc.ca/>.

## Varenicline Product Monograph Update

Pfizer Canada, in collaboration with Health Canada, has updated the CHAMPIX® (varenicline) Product Monograph (available at [www.pfizer.ca](http://www.pfizer.ca)). The changes to the Product Monograph include the addition of the following statements:

### **WARNINGS AND PRECAUTIONS, Special Populations: Patients with Diabetes (p. 10)**

Smoking cessation, with or without treatment, may be associated with altered glycemic control. There have been post-marketing reports of diabetic patients experiencing loss of glycemic control while taking CHAMPIX. Therefore, increased glycemic monitoring is recommended in diabetic patients, with resultant adjustment of diabetic medications as necessary.

### **Post-Marketing Experience: Hyperglycemia and Diabetes Mellitus (p. 23)**

Smoking cessation, with or without treatment, may be associated with altered glycemic control. There have been reports of hyperglycemia in patients taking CHAMPIX. While the majority of these cases involved diabetic patients experiencing loss of glycemic control (see Special Populations, Patients with Diabetes), there have also been reports of new onset diabetes in patients with no pre-existing diabetes or pre-diabetes.

**CONSUMER INFORMATION PART III – BEFORE you use CHAMPIX talk to your doctor or pharmacist if (p. 50):** You have diabetes. CHAMPIX can potentially affect your blood sugar regulation, and you may need to monitor your blood sugar more often. If you notice changes, discuss this with your doctor.

## FDA To Announce Long-Awaited Regulations On E-Cigarettes, Other Tobacco Products

The FDA recently set out to announce new regulations for electronic cigarettes. Some sources also

note that the FDA has also proposed new rules on cigars and other tobacco products that are less heavily regulated like shisha and pipe tobacco. The main proposals in the Federal rules include banning the sale of e-cigarettes and cigars to minors, especially on the Internet, and also requiring e-cigarette and cigar makers to disclose to FDA the list of ingredients used in their products. At the same time, the new rules do not ban any flavors in e-cigarettes or cigars.

If you receive questions about e-cigarettes please refer to our document in the PACT Library, **The Buzz on E-Cigarettes**. Several health regions have now banned the use of e-cigarettes in their facilities or on their grounds.

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