

# OUTPACE Tobacco Newsletter

April 2024

## Welcome back to the quarterly OUTPACE Tobacco newsletter!

OUTPACE Tobacco (Opioid Use Treatment Programs Advancing Cessation Efforts) is a comprehensive and evidence-based tobacco-free workplace program partnering with opioid use treatment programs and centers in Texas. In this newsletter, you will find updates on our partner centers, educational resources on tobacco and opioid use, a featured community organization, a research participation opportunity, and more!

## Partner Updates

### North Texas Addiction Counseling and Education (NTACE)

This quarter, our Senior Health Education Specialist, Hector Sanchez, has worked closely with NTACE to begin program implementation. NTACE is in the process of drafting their tobacco-free workplace policy and deciding on the types of workplace signage they would like us to provide to help with awareness and enforcement of the new policy. In February, Hector also provided a virtual training to 20 employees to help them further their knowledge about the harms of tobacco use and brief interventions to support patient quit attempts. Soon, NTACE will begin referring employees and patients who use tobacco and want to quit to the MD Anderson Quitline for cessation support!

### Congratulations to Program Champions Dr. Kim Scales and Kisha Nelson on Becoming Tobacco Treatment Specialists!

OUTPACE Tobacco program champions Dr. Kim Scales (NTACE) and Kisha Nelson (Life's Second Chance Treatment Center) attended the University of Texas MD Anderson Cancer Center's Certified Tobacco Treatment Specialist Training Program from March 25-29, 2024. After an intensive week-long training, both Dr. Scales and Kisha successfully passed their exam to become a Tobacco Treatment Specialist. Please help us congratulate these leaders on this amazing achievement! We cannot wait to see the work they continue to do to support their patients to quit using opioids and tobacco.



## Check Out Our New Resources Webpage!

### Patient Education Materials

We now have a dedicated resources site on our webpage with materials available to download! We currently have two patient education materials: one about pain, smoking, and opioid use (pictured on the next page) and one about smoking and opioid use among pregnant women. We are in the process of developing more patient education materials about tobacco and opioid use in various populations, such as men, women, and individuals

involved with the criminal justice system. We are also creating posters that can be printed for use in community and healthcare settings to remind people about the dangers of opioid and tobacco use and to provide resources to help them quit. Stay tuned for these resources to be added to our webpage over the next several months!

# Sample Patient Education Materials

Click on the image to open the PDF.

## Pregnant and using opioids and tobacco?

### Did you know?

#### Women with opioid use disorder who smoke during pregnancy experience:

- Increased rates of a serious pregnancy complication that can deprive the baby of nutrients and oxygen
- Preterm delivery
- Low birth weight
- Stillbirth

#### Other common risks in children of mothers with tobacco and opioid use disorder include:

- Problems bonding between mother and infant
- Increased risk of sudden infant death syndrome
- Developing behavioral and emotional problems
- Increased risk of developing tobacco and other substance use disorders later in life
- Increased risk of babies being born with neonatal abstinence syndrome if pregnant women smoke while receiving medication-assisted treatment for opioid use
  - Neonatal abstinence syndrome means the baby suffers opioid withdrawal and can require longer hospital stays or neonatal intensive care unit admission.

**Quitting tobacco use is one of the best things you can do to protect your health and that of your baby.**

THE UNIVERSITY OF TEXAS  
MDAnderson  
Cancer Center  
Making Cancer History™

CANCER PREVENTION & RESEARCH  
INSTITUTE OF TEXAS



### Treating tobacco and opioid use disorders together supports successful opioid recovery.

- Quitting smoking is linked to extended recovery from opioid misuse.
- Quitting smoking reduces stress and anxiety and promotes physical wellness, which promotes opioid use recovery.

**Get help to quit tobacco today. The best way to quit is by using medication and counseling.**

#### How to get help:

- Call 1-800-784-8669 (QUIT-NOW) for your state's tobacco Quitline.
- Text QUIT to 47848 for a smoke-free texting program.
- Visit [Women.SmokeFree.Gov](http://Women.SmokeFree.Gov) for more resources for women.

*This literature was developed with support from the Cancer Prevention & Research Institute of Texas.*



## Opioid use, smoking and pain: What to know

Start your smoke-free journey today.

Call your state quitline at 800-QUIT-NOW (784-8669).

### How is smoking associated with long-term pain?

#### Smoking increases the sensitivity of areas in the brain responsible for feeling pain.

- People who smoke use more pain-relieving medicine like opioids because nicotine causes greater sensitivity to pain.
- People who smoke may experience different pain thresholds and responses to pain treatment, putting them at risk for opioid addiction.
- 50% of patients looking for pain-related treatment smoke cigarettes.
- People who smoke or used to smoke are more likely to have lower back pain.
- People who smoke are 1.5 times more likely to report headaches.
- Smoking is associated with a 30% greater chance for tooth pain, mouth sores and oral pain.



#### Smoking and opioid use: it goes both ways.

- People with opioid use disorders are more likely to smoke.
- Tobacco use is a strong predictor of prescription opioid misuse.

### Common myths about smoking and opioid treatment:

**✗ MYTH: Quitting smoking while dealing with opioid addiction will interfere with treatment.**

**✓ TRUTH: Quitting smoking can support recovery from opioid addiction.**

- Tobacco use can result in continued opioid use and less success during recovery.
- Tobacco use is related to not completing opioid use treatment programs.
- Quitting smoking is associated with long-term opioid use abstinence.
- Including smoking cessation services into addiction treatment is beneficial and is an important part of managing pain throughout recovery.

**✗ MYTH: Smoking has beneficial psychological benefits.**

**✓ TRUTH: Nicotine is a stimulant and worsens mental health issues like depression and anxiety.**

- Smoking a cigarette subdues nicotine withdrawal. While people often perceive this as relief, it is actually only the addiction to nicotine that has been gratified.
- Quitting smoking has benefits to overall well-being, including physical and mental wellness.
- Quitting smoking decreases anxiety and promotes psychological well-being, which can help with opioid use recovery.

### Quitting smoking is the best thing you can do for your health.

#### Consider the following if you want to quit smoking:

- Seek professional help for treatment plans that address both smoking and opioid use.
- Consider nicotine replacement therapies to help manage withdrawal symptoms from stopping smoking.
- Engage in counseling or therapy to modify habits and identify coping strategies.
- Find healthy ways to cope with triggers for both smoking and opioid use.
- Establish achievable goals and milestones for quitting.

#### How to get help:

- Ask your health care provider or substance use counselor for help quitting.
- Call 800-QUIT-NOW (784-8669) for free help from your state's tobacco quitline.
- Visit [SmokeFree.Gov](http://SmokeFree.Gov) for a step-by-step guide to quit smoking.

*This literature was developed with support from the Cancer Prevention & Research Institute of Texas.*

# UT Austin Researchers Are Seeking Adults Who Smoke Daily and Want to Quit for a Paid Research Study

Researchers at The University of Texas at Austin are partnering with adults who smoke cigarettes daily, are motivated to quit, and want to take part in a paid research study to see how exercise can help. This study is currently being conducted in San Antonio and includes a 4-month YMCA membership and personal fitness trainer. Interested? Find out if you qualify by scanning the QR code to the right, calling 512-961-6384, or emailing the research team at [ahblstep3@gmail.com](mailto:ahblstep3@gmail.com).

**SMOKING & EXERCISE RESEARCH STUDY**

Researchers at UT Austin are partnering with individuals who smoke regularly and want to quit to evaluate how exercise can help. Join our compensated study today!

**FAST FACTS**

- Smoke Cigarettes Daily
- Motivated to Quit
- 18 Years and Older
- Compensation Provided
- Conducted in San Antonio
- 4-Month YMCA Membership & Personal Fitness Trainer Included

See if you Qualify!

Fill out this brief survey:

The flyer features an illustration of two people walking and talking. The text is in a clean, sans-serif font, with key information highlighted in orange and white boxes.

## Community Corner: Spotlight on Montgomery County Overdose Prevention Endeavor (M-COPE)

M-COPE is an organization that works with individuals, communities, and other organizations to speak about substance use disorders and the growing number of overdose and drug-related deaths in Montgomery County. They focus on education, awareness, prevention, and remembrance, and in doing so, they are bringing attention to the growing drug problem as well as helping to end the stigma by advocating for those who currently need help or support, and for those who no longer have a voice.

To educate and serve the community, they give out free NARCAN® and provide training on its use, speak on prescription and over-the-counter medication safety, offer free Detera Pouches for safe disposal of medications, and partner with local experts and schools to speak to students and show them their Texas Memorial Walkway, a way to remember the people who have lost their lives to drug overdose featured on their website.

On August 25th, 2024, they will be hosting their annual awareness event (flyer pictured below) where they will showcase their resources, highlight the Texas Memorials Walkway, and have speakers and various exhibits.

Check out their website, or scan the QR code below to see their Facebook page, where they highlight resources on how to get free Naxalone, information on fentanyl, upcoming events, and more!

**SAVE THE DATE!**

**hope beyond the haze**

2024 Annual Drug Awareness Event

Sunday, August 25, 2024  
Doors open at 3:00 pm  
Tomball High School  
Tomball, Texas

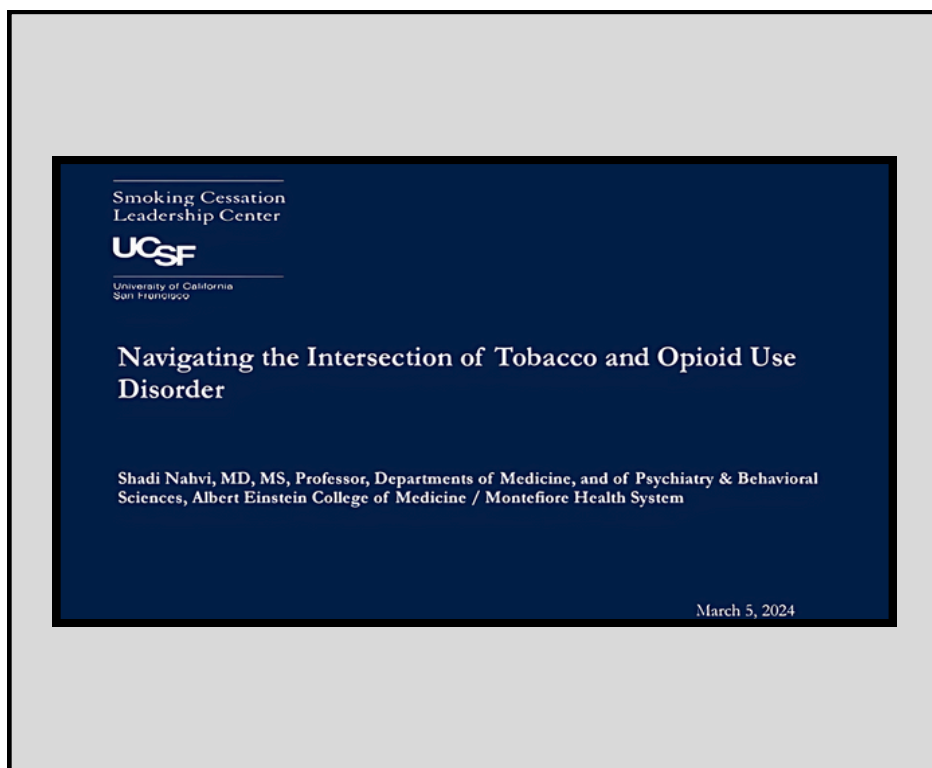
The flyer has a purple background with white and yellow text. It features a logo at the bottom with wings and the text 'M-COPE'.





# New Recorded Webinar Available: Navigating the Intersection of Tobacco and Opioid Use Disorder

The University of California San Francisco (UCSF) Smoking Cessation Leadership Center recently hosted a webinar on the intersection of tobacco and opioid use disorder. This one-hour webinar discusses the burden of tobacco use among people with opioid use disorder, the importance of addressing tobacco use among this group, and treatments and health system strategies to further this mission. A recording of this presentation is available on their website along with the slides (pictured right) that can be downloaded. Check it out to learn more!



## Want To Stay Informed About Free Training Opportunities? OUTPACE Tobacco Has You Covered!

Our team compiles and shares information twice a month about tobacco-related trainings being offered virtually from across the nation that often offer free continuing or medical education credits (i.e., CEUs/CMEs). If you or someone you know would like to be added to our distribution list, please do not hesitate to reach out to us at [TakingTexasTobaccoFree@gmail.com](mailto:TakingTexasTobaccoFree@gmail.com) or [click here](#) for a pre-populated email template.

The flyer is titled "Upcoming Virtual Educational Opportunities" and is compiled by "Taking Texas Tobacco Free". It lists three events: 1) April 2: "Neurobiology of Nicotine Dependence" (12:00-1:00 pm CDT, 1.00 CME/CEU available, part of MD Anderson's Project TEACH). 2) April 12: "Tobacco Policy in Unstable Friendship Networks" (1:00-2:00 pm CDT, no CME/CEUs available, goal is to disseminate research). 3) April 17: "Brief Solution-Focused Therapy: Applications for Tobacco Use Disorder Treatment" (11:00-12:00 pm CDT, 1.0 CHES/CME available, goal is to address tobacco use). It also mentions a new bulletin from CMS regarding Medicare &amp; Medicaid services. At the bottom, it says "Visit our website www.TakingTexasTobaccoFree.com for more resources and sign up for our newsletter here!"

*The OUTPACE Tobacco program is funded by the Cancer Prevention and Research Institute of Texas (CPRIT) award PP230078.*