

The ICAN Stop Smoking Treatment Protocol

The **ICAN** Stop Smoking Treatment alternative, a one-time medical treatment protocol greatly minimizes or eliminates the patients irresistible urges for nicotine. Treatment is provided on an outpatient basis and takes approximately one and a half hours. Our approach offers many advantages over traditional forms of therapy. It is safe, easily integrated into the patient's daily routine, results are achieved quickly, and treatment is affordable. In addition to its effectiveness, another impressive feature of our protocol is the use of the JTIP needle-free injection system.

Why Our Treatment Works

The physical effects of nicotine addiction do not occur in a very specific part of the brain. Rather, addiction itself is believed to occur in a specific part of the brain (the ventral segmental area and nucleus accumbens), but the physical effects are mediated primarily through the autonomic nervous systems and not the brain. Nicotine is similar chemically to the neurotransmitter acetylcholine (ACH). Because they are similar, both nicotine and acetylcholine compete to occupy Ach nicotinic receptors, but they do not compete to occupy Ach muscarinic receptors. Through the process known as tolerance, the body manufactures more nicotine receptor sites to accommodate the increased demand. When the level of nicotine in the blood drops below 5 milligrams, there is not a sufficient supply of nicotine to occupy the increased number of sites and physical withdrawal takes place. At **ICAN**, we have developed the precise combination of anticholinergics that allows patients to quit smoking without most of the usual withdrawal symptoms.

Pre-appointment Process

Prior to receiving treatment by the **ICAN** anticholinergic block method, patients who seek treatment are prescreened by their physician for review of the **ICAN** Stop Smoking treatment program. Patients are ineligible for treatment if they have acute-angle glaucoma or are pregnant. Patients with prostatic hypertrophy or cardiac arrhythmias must seek approval from their physician prior to undergoing the **ICAN** treatment. Patients that have a history of being prescribed multiple antidepressants or are under the care of a pain management specialist are not suitable candidates for the **ICAN** treatment. Patients with the usual contraindications to anticholinergic drugs are not treated.

Treatment

Patients receive a medical evaluation (no blood work or urinalysis test) along with an EKG and pulmonary lung function test. Patients who appear to be suitable candidates for treatment are further checked for possible adverse reaction through injection of an intramuscular dose of a solution containing atropine and scopolamine. Patients who have normal pupillary constriction and offer no complaint of excessive xerostomia are approved for treatment.

Suitable patients are given one or more subcutaneous injections of the prescribed anticholinergic drugs behind the auricular areas with a J-Tip needle-free injection device. The precise composition of the anticholinergic solution may be tailored to the requirements of an individual patient. For patients who in prior attempts to cease smoking, have experienced or indicated a feeling of greater than normal irritability, nervousness, lack of concentration or gastrointestinal disturbances, the amounts of anticholinergics can be increased to provide greater relief against the craving for nicotine.

Post Treatment

Immediately following treatment some patients will experience side effects typical of anticholinergics, such as, xerostomia, lightheadedness, or difficulty focusing. These effects usually dissipate in 6 to 8 hours. Patient complaints of altered taste and smell, however, can persist for approximately 24 hours. **Treated patients are instructed not to drive for 12 hours or drink alcohol after taking the treatment. They are instructed not to consume any alcohol while taking follow up medication. The ICAN treatment is only administered to patients who have brought a friend or family member along to drive them home after the treatment is administered.**

Following treatment, patients who have experienced withdrawal symptoms in previous attempts to break their nicotine addiction should quickly note the absence of such symptoms. Nicotine is eliminated in approximately three days, but the elimination of all delayed withdrawal symptoms may require a period of approximately two weeks, therefore patients are provided with a Scopace patch and approximately two weeks of Donnatal.

At **ICAN**, we recognize that in addition to the physiological aspect of a patient's nicotine addiction, there is a significant psychological aspect to the addiction as well. All of the patients receiving the **ICAN** treatment are encouraged to recognize this aspect of their addiction and engage in behavior modification to assist them in overcoming this hurdle as well.

To schedule an appointment, go to Treatment Locations and contact a Treating Physician most convenient to you.

ICAN is only available through a licensed Practitioner.

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