



"IT'S MORE THAN JUST A NICOTINE PATCH"

Benefits of Quitting Smoking

No matter how much a person smokes—or for how long—quitting is good for you.

Quitting can lower the risk of:

- Various cancers, including lung cancer
- Heart disease, stroke, emphysema, vision loss, and other serious diseases
- Disease and cancer in family members—including children and pets—who may be exposed to secondhand smoke
- All commercially available forms of Nicotine Replacement Therapy can increase your chances of successfully stopping smoking. NRTs increase the rate of quitting by 50 to 70%.

Please consult your healthcare provider for help and guidance.

What methods can help me quit using nicotine and tobacco?

Most people who smoke or use tobacco products can benefit from counseling, medicines, and social support to help them quit, or a combination of the three. Counseling is critical to the success of treatments to stop tobacco use.

What is Nicotine Replacement Therapy (NRT)? Nicotine is a highly addictive chemical compound present in a tobacco plant. Tobacco products are addictive because they contain nicotine. For people who smoke or use tobacco products, NRT helps avoid uncomfortable nicotine withdrawal symptoms, which makes quitting easier.

Medication Strategies for Tobacco Cessation:

- Over-the-counter Nicotine Replacement Therapy (NRT) for ages 18 and older:
 - Nicotine Skin Patch: Place a patch on the skin, like an adhesive bandage. Always follow the instructions.
 - Nicotine Gum: Chew according to the labeled instructions.
 - Nicotine Lozenge: Allow to slowly dissolve. Do not chew or swallow lozenge.
- Prescription Smoking Cessation Products with Nicotine:
 - Nicotine Nasal Spray: Can be used once in each nostril every 1-2 hours.
- Prescription Smoking Cessation Products without Nicotine:
 - Bupropion (Zyban®) - Non-nicotine medicine shown to help with nicotine cravings.
 - Varenicline (Chantix®) - Non-nicotine medicine to help people quit tobacco. *Chantix® has been recalled, but Pfizer has made a generic version available.



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Medication-free Options:

- Counseling:
 - Get free confidential coaching and counseling through a telephone Quitline (**1-800-QUIT-NOW**)
 - Provides people who use tobacco with practical counseling.
 - Provides support along with medication treatment.
- Emerging treatment: Transcranial Magnetic Stimulation (TMS): short-term help for adults who want to quit.
 - Brain imaging research shows Bilateral Insula and Prefrontal Cortex is involved in tobacco addiction.
 - Disorders in the Bilateral Insula and Prefrontal Cortex cause the craving to smoke and relapse for people who want to quit.
 - TMS uses a technique to reduce activity in the Bilateral Insula and Prefrontal Cortex. This reduces tobacco cravings. (According to **clinicaltrials.gov**).
 - This form of treatment may not be covered by insurance. To learn more about TMS, please visit: Mayo Clinic, Transcranial Magnetic Stimulation at <https://www.mayoclinic.org/tests-procedures/transcranial-magnetic-stimulation/about/pac-20384625>
- Self-Help:
 - Pamphlets, booklets, manuals
 - Videotapes, audiotapes
 - 12-step programs, help hotlines, community programs

Resources

You Can Quit Tobacco, SAMHSA

<https://store.samhsa.gov/sites/default/files/d7/priv/sma18-5069ycq.pdf>

How To Quit Tobacco, American Heart Association

https://www.heart.org/-/media/Healthy-Living-Files/LE8-Fact-Sheets/LE8_How_to_Quit_Tobacco.pdf

How to Quit, CDC.gov

https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm