

How do medications help me quit smoking?

If you're hooked on smoking or if you've tried quitting before and experienced nicotine withdrawal, think about using medications to quit.

Medications to help you stop smoking are safe and effective.

People that use medications to quit smoking have several advantages over people who don't:

- ✓ They are twice as likely to be successful in quitting smoking
- ✓ They don't experience uncomfortable nicotine withdrawal symptoms
- ✓ They have less cravings or urges to smoke
- ✓ They feel less depressed after quitting
- ✓ They gain less weight while quitting smoking.

Different kinds of medications are available to help you stop smoking.

- They are all effective.
- Some require a doctor's prescription and others do not.
- People choose them for different reasons
- Two are pill form and the other are all forms of nicotine, called nicotine replacement.
- Most medications to help you stop smoking cost less than the cost of a carton of cigarettes.

Seven medications are available to help you stop smoking. (Check all the ones you have tried)

Nicotine gum

Nicotine patch

Nicotine lozenge

Nicotine inhaler

Nicotine nasal spray

Bupropion (pill)

Varenicline (pill)

IMPORTANT POINT TO REMEMBER

People who use medication to quit smoking are twice as likely to be successful as those who do not.