



SMOKE-free

Get help kicking the tobacco habit

Therapy Options to Help You Quit Smoking

There is more than one way to quit smoking. It's up to you and your doctor or pharmacist to decide the best way for you to quit. Here are some options:

Unassisted

Many people try this method. Only about 5 percent of smokers who try to quit without any help are successful.

- **“Cold turkey”** is when you completely stop smoking. You stop without nicotine replacement or medication. Stopping this way will probably cause withdrawal symptoms. Symptoms can include headaches and irritability.
- **Cutting down** is when you gradually lower the number of cigarettes you smoke each day. You do this without nicotine replacement or medication.

Counseling

- Individual and group counseling are options. Telephone counseling is also available.
- **I-800-QUIT-NOW** is a free telephone support service in the State of Indiana.
- Counseling works best when used with another therapy. This may be a nicotine patch or medicine. **I-800-QUIT-NOW** can help you get started on your chosen therapy.

(over, please.)





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Nicotine Replacement Therapy

- Nicotine replacement therapies can double your chances of quitting smoking for good.
- You can get Nicotine gum, patches, and lozenges at drug stores. You don't need a prescription.
- You need a prescription from your doctor for inhalers and nasal sprays that can help you to quit smoking.
- Nicotine replacement therapy is safer than smoking. It reduces withdrawal symptoms.

Medication

Some medications have helped people quit smoking. You will need a prescription from your doctor.

- **Chantix® (varenicline)** is a drug that works in the brain. This makes it less enjoyable to smoke. It also helps stop withdrawal symptoms. It more than doubles your chances of quitting.
- **Zyban® (bupropion)** is a drug that helps stop withdrawal symptoms. It can be used with nicotine replacement therapy. This could include patches.

Sources:

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