

## Therapy Options to Help You Quit Smoking

More than half of all adult smokers have quit. You can, too. There is more than one way to quit smoking. It's up to you and your doctor or pharmacist. Together you can decide the best way for you to quit. Here are some options:

### On Your Own

Many people try these methods without nicotine replacement or medication:

- **“Cold turkey” is when you completely stop smoking all at once.** You stop without nicotine replacement or medication.
- **Cutting down by gradually smoking fewer cigarettes each day.** You do this without nicotine replacement or medication.

### Online Help

Try these websites for tips and support to quit.

- [CDC: Smoking and Tobacco Use](#)
- [American Cancer Society: Guide to Quitting Smoking](#)
- [American Lung Association: How to Quit Smoking](#)

### Counseling

- Individual and group counseling through local health centers and hospitals are options.
- Telephone counseling is also available. **1-800-QUIT-NOW** is a free telephone support service in the State of Indiana and can help you get started. They also offer a texting program and online services.
- Counseling works best when used with another therapy. This may be a nicotine patch or medicine. **1-800-QUIT-NOW** can help you get started.

### Nicotine Replacement Products

- Nicotine replacement products can double your chances of quitting smoking for good.
- Nicotine replacement is safer than smoking. It reduces withdrawal symptoms.
- You can get nicotine gum, lozenges, and patches at drug stores. You don't need a prescription.
- You may want to use an inhaler or nasal spray. For HHW and HIP members though, if you get a prescription from your doctor you shouldn't have to pay for it!

### Prescription Medication

**Some medications can help people quit smoking.** You will need a prescription from your doctor.

- Chantix® (varenicline)
- Zyban® (bupropion)

*These drugs work in the brain. They make smoking less enjoyable. These also help stop withdrawal symptoms. They more than double your chances of quitting.*

Counseling and prescription medication used with the inhaler, patch, or gum are found to improve success of quitting smoking.

#### Sources:

American Cancer Society. Guide to quitting smoking. <http://www.cancer.org/Healthy/StayAwayfromTobacco/GuideToQuittingSmoking/index>. Accessed June 15, 2018.

Center for Disease Control and Prevention. Smoking Cessation. [http://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting/index.htm#methods](http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm#methods). Accessed June 15, 2018.

U.S. National Library of Medicine, National Center for Biotechnology Information. In *Treating Tobacco Use and Dependence 2008 Update* <http://www.ncbi.nlm.nih.gov/books/NBK63956/> Accessed June 15, 2018.