



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.

- **“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 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.

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. You need a prescription from your doctor for these.

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 you not enjoy smoking as much. 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:

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