



## Smoking Cessation Guide

There are many means to help in tobacco cessation. There is no “magic cure” for everyone. The American Lung Association Call Center/Tobacco Quitline provides smoking cessation counseling, free of charge, over the telephone. The smoking cessation counselors take a look at your smoking pattern and develop a plan that's right for you. The counselors encourage you to call in weekly to review your progress, discuss any problems you may be having and revise your plan as needed - so that your plan works for you. In addition, a Smoking Cessation Packet is sent to your home to provide you with written information to refer to and help you stay on track. The Smoking Cessation Packet includes information on:

- Common recovery experiences
- Distracting techniques / tips
- Exercise
- Healthy eating habits / risk of weight gain
- Stress Management tips
- Changes to expect your body to go through when you quit
- Support systems (family, friends, co-workers)

The American Lung Association Call Center/Tobacco Quitline has been helping clients to quit smoking, through the use of telephone counseling, for many years. The Call Center/Tobacco Quitline staff of Registered Nurses, Respiratory Therapists and trained Smoking Cessation Counselors have found that a combination of methods to assist you in the smoking cessation process has been most helpful. The methods our staff has found to be most effective in helping our clients be successful are listed below. A table describing the types of medications, how they are used, pros and cons, dosage, side effects and approximate costs can be found on the last page of this packet.

### **Method 1    PRESCRIPTION MEDICATION:**

There is a cost to you for prescription medication (check with your insurance carrier) and your physician must prescribe the medication for you.

Zyban and Wellbutrin are brand names for bupropion hydrochloride, a medication that is used to treat depression. In treating this condition, researchers found that the chemical in bupropion hydrochloride had an additional benefit of curbing the urge to smoke - it has been proven to assist smokers to quit smoking.

This is the only prescription medication to help quit smoking available in tablet form. There is a small risk of seizure associated with the use of this medication. You cannot take this medication if you have a seizure disorder, eating disorder or head trauma. It must be used with caution for those with renal or liver disease, heart disease or history of a heart attack. Your physician can tell you if this medication is right for you.

## Method 2 TAPERING:

There is no cost to you, other than the number of cigarettes you purchase while you are tapering. Tapering slowly reduces the amount of nicotine your body is used to and has the added benefit of giving you experience in changing your smoking behaviors so you are prepared to get through the urges to smoke.

To begin the tapering process you must know the exact number of cigarettes you smoke every day. Reduce the total number of cigarettes by one every 2 days. For example, if you smoke 30 cigarettes per day, start with 29 cigarettes a day for 2 days, then 28 cigarettes a day for 2 days and so on. Continue this process until you are at 15 to 20 cigarettes per day - then **STOP SMOKING** and begin to use nicotine replacement therapy (patch, gum, lozenge, etc.). At 15 to 20 cigarettes per day the amount of nicotine per day is more equal to the amount of nicotine in the nicotine patches (approximately 1 milligram per cigarette compared to 21 milligrams in the initial patch).

It is beneficial to write the number of cigarettes you are allowed each day on a calendar so you can keep track. This is the maximum number of cigarettes you are allowed to smoke each day. You can smoke up to that amount, less than the amount, but **NOT MORE THAN THE AMOUNT ALLOWED FOR THE DAY**. Follow the instructions -- tapering too quickly will cause withdrawal symptoms. See the "Tapering Calendar" examples next page.

While you are tapering, you get a chance to try out new techniques to break your smoking habit.

For example, you wake in the morning and automatically smoke a cigarette with your morning coffee. That morning coffee triggers your urge to smoke. Instead, change your routine - brush your teeth first thing in the morning, drink orange juice with your coffee to curb the appeal of smoking that cigarette -- think of an alternative to smoking that first cigarette with your coffee.

### To break your smoking habit you have to develop new life strategies

How can I be successful? **BE PREPARED** with your distracters!

Do something else with your hands:

- doodle while you are on the telephone
- squeeze a stress ball in the hand you smoke with
- knit or crochet
- crossword and/or word find books

Keep a novel or short-story book with you

Listen to books on tape in the car

Take a walk

Stretch

Try deep breathing or meditation

Change your routines

Stay busy

Get to know what triggers your urge to light up a cigarette so you can be one step ahead of those urges.



**AUTOMATIC  
CIGARETTES**  
smoke only  
those cigarettes  
you really want



#### Keep with you:

- Toothpicks
- Straws
- Sugarless gum & hard candy
- Pretzels
- Bottled water
- Breath spray
- Worry stone
- ?

## TAPERING CALENDER EXAMPLES

**2 packs of cigarettes per day** equal 40 cigarettes per day.

Start the tapering process with 39 cigarettes a day for 2 days. Reduce cigarettes per day by 1 cigarette every 2 days - stopping at 15 to 20 cigarettes per day.

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	39	39	38	38	37	37	36
2	36	35	35	34	34	33	33
3	32	32	31	31	30	30	29
4	29	28	28	27	27	26	26

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	25	25	24	24	23	23	22
2	22	21	21	20	20	19	19
3	18	18	17	17	16	16	15
4	15	∅					

**∅** Start nicotine replacement therapy (i.e., patch, gum, etc.) and DO NOT SMOKE

**1 ½ packs of cigarettes per day** equals 30 cigarettes per day.

Start the tapering process with 29 cigarettes a day for 2 days. Reduce cigarettes per day by 1 cigarette every 2 days - stopping at 15 to 20 cigarettes per day

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	29	29	28	28	27	27	26
2	26	25	25	24	24	23	23
3	22	22	21	21	20	20	19
4	19	18	18	17	17	16	16

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	15	15	∅				
2							
3							
4							

**∅** Start nicotine replacement therapy (i.e., patch, gum, etc.) and DO NOT SMOKE

**1 pack of cigarettes per day** equals 20 cigarettes per day.

Start the tapering process with 19 cigarettes a day for 2 days. Reduce cigarettes per day by 1 cigarette every 2 days - stopping at 15 cigarettes per day.

Week	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	19	19	18	18	17	17	16
2	16	15	15	∅			

**∅** Start nicotine replacement therapy (i.e., patch, gum, etc.) and DO NOT SMOKE

## Do you use cigarettes to reduce the stress in your life?

Develop new methods to deal with the day to day stressors in life - smoking does NOT reduce stress. In fact, it makes the heart beat faster, increases the breathing rate and causes the body to use more oxygen.

▪ Stop negative self-talk	▪ Allow private time for yourself	▪ Identify stressors
▪ Avoid stressors you can control	▪ Visualize success	▪ Talk out problems with a friend
▪ Do unpleasant tasks first	▪ Focus on understanding others	▪ Take breaks
▪ Practice relaxation techniques	▪ Delegate responsibility	▪ Learn to live one day at a time
▪ Be positive	▪ Change your pace on the weekends	▪ Be prepared to wait

### Method 3 THE NICOTINE PATCH:

Nicotine patches may be purchased over the counter in a variety of locations (local and chain pharmacies, discount stores, etc.). Prices may vary between brands, with generic patches being the least expensive.

**The patch gets to the nicotine addiction.** The nicotine patch provides a safer source of nicotine - that enters the body slowly and in lower concentrations than in cigarettes. Patch therapy is generally safe and well tolerated. The most common adverse reactions are skin irritation and sleep disturbance. The nicotine patch helps take care of the nicotine addiction so you can work on breaking your smoking habit. The full course of nicotine patch treatment starts with a 21 mg patch for the first 4 - 6 weeks, a 14 mg patch for the next 2 weeks and a 7 mg patch for final 2 weeks.

**During the last week,** taper off the 7 mg patch reducing the hours you wear the patch daily until you reach zero (if you experience sleep disturbances you can remove the patch at night):

Last Week on 7 mg patch	Number of hours wearing the patch	
	If you wear the patch 24 hours a day	If you remove the patch at night
Day 1	24 hours	16 hours
Day 2	24 hours	16 hours
Day 3	20 hours	16 hours
Day 4	16 hours	16 hours
Day 5	12 hours	12 hours
Day 6	8 hours	8 hours
Day 7	4 hours	4 hours
Day 8	0 hours	0 hours

**CAUTION: You cannot smoke while you are on the patch**

The safety of the nicotine patch for children and adolescents has not been studied  
If you are pregnant, check with your Doctor

## HOW ARE THESE METHODS COMBINED?

The use of a combination of all 3 methods can increase your rate of success.

**To use method 1, 2, and 3** - Start the Zyban or Wellbutrin and tapering, the medication takes 1-2 weeks to see the full benefits of curbing the urge to smoke. When you have tapered down to 15 to 20 cigarettes per day start the patch. REMEMBER, you cannot smoke on the patch. You continue to use the medication through the full course of treatment. Use your distracters, get some exercise and eat healthy.

**To use method 2 and 3** (If you cannot use the Zyban or Wellbutrin medication) - When you have tapered down to 15 - 20 cigarettes or less a day, start the patch. REMEMBER, you cannot smoke on the patch. Continue use of the patch through the full course of treatment. Use your distracters, get some exercise and eat healthy.

If you cannot use the medication or the patch - You can use **Method 2 only** (the tapering method), tapering down to 5 cigarettes a day and then quit. Use your distracters, get some exercise and eat healthy.

## OTHER OPTIONS?

**The nicotine gum and nicotine lozenge** have proven beneficial as an alternative, for those who cannot use the nicotine patch, with some success. There is a charge to you for nicotine gum and lozenges. Follow the package directions for use. The nicotine gum and lozenge can be purchased over the counter in a variety of locations (local and chain pharmacies, discount stores, etc.).

**The nicotine nasal spray and nicotine inhaler** are available by prescription. The nasal spray is sprayed directly into each nostril and absorbed through your nasal membranes, where it enters your bloodstream and is then sent to your brain. The inhaler looks something like a cigarette holder. You puff on it, and it gives off nicotine vapors into your mouth. You absorb the nicotine through the lining in your mouth, where it enters your bloodstream and goes to your brain.

**HAVING TROUBLE?** The Call Center staff is on hand from 7 a.m. to 7 p.m. (Central Time) Monday through Friday to answer any questions you may have on the process, to assist you revising your plan as needed, to give you tips on any problems you may be having and to provide support and encouragement.

*☺ We can do anything we want as long as we stick to it long enough ☺*

*Helen Keller*

## COMMON RECOVERY EXPERIENCES

### What is recovery?

Many people in the process of kicking the cigarette habit go through a period of discomfort known as withdrawal; we prefer to call it recovery. Symptoms vary from mild to severe, depending on the extent of dependence to nicotine, and these symptoms do not necessarily affect everyone. Recovery symptoms vary from person to person.

### How Long Does it Take?

Withdrawal usually occurs by the third day and can be diminished if the following suggestions are followed. In an attempt to speed up the recovery process, it is recommended that people drink lots of fluids – especially during the first few days. Drinking 6-8 glasses of water or fruit juice a day is a must! In this way, nicotine is flushed out of the system more rapidly.

### What are Some of the Symptoms?

Tiredness	Confusion	Nervousness	Crying	Mood Swings
Restlessness	Anxiousness	Headache	Irritability	Dizziness
Tremor	Constipation	Sleeplessness	Itchy Skin	Forgetfulness
Shakiness	Diarrhea	Muscle Cramps		

- If any symptom is severe or persists, please consult with your physician

### Tips to Lessen Withdrawal

1. Dealing with symptoms of physical withdrawal can be handled very logically. Do whatever you would normally do if you were struck with these ailments – examples: constipation - increase fiber intake, water; coughing - cough drops, liquids.
2. When an urge for a cigarette catches you unaware, take 3 regular deep breaths. Hold the last breath in for a few seconds and then exhale slowly. This procedure should help you relax as well as use the muscles normally used for inhaling.
3. Try to avoid caffeinated drinks. Coffee (caffeinated) often creates a craving for cigarettes.
4. Try to avoid alcoholic beverages – alcohol creates a deficiency in oxygen that may lessen the ability to concentrate. The urge to have a cigarette may develop as a “pick-me-up.”
5. Chew on something, non-caloric, to relieve tension in muscles that would normally be used for exhaling.
6. Avoid excess sugar to avoid excess calories. Substitute low-calorie snacks like celery, carrot sticks, plain popcorn, breadsticks, etc.
7. Stretch – to help keep blood flowing and to ward off sleepiness.
8. Remember...drink fluids like water or fruit juice and be patient; you will live through this...over 50 million people already have!

## **EATING IS NOT A SUBSTITUTE FOR SMOKING!**

As you decrease the number of cigarettes you smoke it is important to remember that you should not increase your caloric intake - risking weight gain. Like many people who are limiting their cigarettes, you may feel the need to have something in your mouth to replace the cigarettes. Try sucking on a cinnamon stick or swizzle stick.

### **Adjust Eating Habits**

However, if you like to snack, learn to “snack smart.” Limit your snacking by eating good regular meals. Learn new ways to cope with snacking triggers such as anxiety and boredom: try deep breathing and other relaxation exercises. Keep safe and nutritious snacks nearby: raw vegetables, unbuttered popcorn and fruit. Drink plenty of water and low-calorie beverages without caffeine. (Caffeine is a stimulant and may make you feel edgy or nervous while going through withdrawal. There is also a very strong psychological association between smoking and drinking alcohol or caffeinated beverages.)

Controlling your daily calorie intake is the secret to controlling your weight. There are 3500 calories in a pound of body fat. When you take in 3500 more calories than your body uses, you gain a pound of weight. When you burn off 3500 extra calories, you lose a pound. So a balance between the amount of calories you eat and the amount you burn each day should maintain your weight at a constant level.

### **Low Calorie Snacks**

Celery – 1 stalk	--	07calories	Popcorn – 1 cup	--	23	calories
Radishes – 1 cup	--	20calories	Water – unlimited	--	00	calories
Raw Carrot – 1	--	30calories	Iced Tea – sugarless	--	00	calories
Orange – 1	--	64 calories	Lite Bread – slice	--	40	calories
Yogurt – 1 cup	--	125 calories	Apple – 1 medium	--	61	calories
Nilla Wafers – 10	--	139 calories	Graham Crackers – 2	--	55	calories
Sugar-Free Gum	--	07 calories	Diet Soda – 1 can	--	00	calories

### **Try Exercise**

Build moderate exercise into your daily routine to burn unwanted calories and to help reduce tension and stress. You'll feel more relaxed and alert rather than exhausted and vulnerable. Here are just a few ideas to get you started:

- Take the stairs instead of the elevator
- Go for a brisk walk on your breaks
- Learn simple exercises to do at your desk
- Park farther away from the building entrance

Perhaps you will want to begin a more rigorous exercise program. You could take a walk before or after dinner or learn something new and different, like karate or dancing. Aerobic-type exercises, such as walking, jogging, swimming, and bicycling are best for improving your cardio-respiratory endurance.

## **CHANGES YOUR BODY GOES THROUGH WHEN YOU QUIT**

Within 20 minutes of the last cigarette:

- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increase

8 Hours:

- Carbon Monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 Hours:

- Chance of heart attack decreases

48 Hours:

- nerve endings start regrowing
- ability to smell and taste things is enhanced

72 Hours:

- bronchial tubes relax, making breathing easier
- lung capacity increases

2 Weeks to 3 Months:

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

1 to 9 Months:

- Coughing, sinus congestion, fatigue, shortness of breath decreases.
- Cilia regrows in lungs, increasing ability to handle mucus, clean the lungs, reduce infection, body's overall energy level increases

5 Years:

- Lung cancer rate for the average smoker decreases from 137/100,000 people to 72/100,000

10 Years:

- Lung cancer rate drops to 12/100,000 people
- Precancerous cells are replaced
- Other cancers such as those of the mouth, larynx, esophagus, bladder, kidney, and pancreas decrease

15 Years:

- Chances of many types of cancer are similar to that of someone who has never smoked.

**ALL BENEFITS ARE LOST WHEN YOU SMOKE JUST 1 CIGARETTE A DAY!!!!**

## **TIP SHEET: “Special Cigarettes” and How to Cope With Them**

1. Wake up Cigarette
  - Drink glass of fruit juice immediately on waking – try orange juice – many find that smoke and orange juice do not mix well
  - Brush teeth with mint flavored toothpaste
  - Arrange for a morning paper and read it
  - Try something special for breakfast – e.g. fresh pineapple or something to bake (prepare)
2. Coffee cigarette (should be drinking decaf only)
  - Switch to juice
  - Try flavoring coffee a different way (European, Mocha)
  - Nibble on a low-cal treat that appeals to you
3. After Breakfast Cigarette (for filling “Dead Time” between breakfast and work)
  - Try reading, knitting, needlepoint
  - Shower, shave, etc. after breakfast
  - Take a short, brisk walk
  - Pick up house – dust
  - Deep breathing exercises
4. Drivers Cigarette (helps you “relax”)
  - Sing with car radio
  - Seek non-smoking riders
  - Eat carrot or celery sticks
  - Remove ashtray
5. Waiting Cigarette (standing in line or whatever)
  - Read a paperback
  - Watch people, notice hair styles, clothes, shoes, etc.
  - Eat hard candy (sugarless) or sugarless gum
6. Midmorning (break) Cigarette
  - Take a brief walk
  - Deep breathing exercises
  - Drink a glass of juice or water
  - Call a friend
  - Nibble on low calorie snack like popcorn
7. Telephone Cigarette
  - Doodle
  - Change your normal telephoning position (switch hands on the receiver)
  - Find a toy to play with

8. Before Lunch Cigarette

- Change lunch routine
- Drink glass of water or juice
- Talk with partner

9. After Lunch Cigarette

- Alter routine
  - Eat slower
  - Take a brief walk
  - Visit someone in another department
  - Read
  - Deep breathing exercises

10. The Pause to Think Cigarette

- Look out the window
- Doodle
- Get a drink of water or juice

11. Mid-afternoon Cigarette

- Drink a glass of juice or diet decaf soda
- Nibble on carrot or celery stick
- Stand up and stretch – breathe deeply
- Take a short walk

12. Cocktail Cigarette (tough one)

- Don't take cigarettes with you
- Eat hors d'oeuvres (non fattening)
- Try a subtly flavored wine or liqueur
- Give up alcohol (drink diet soda, tomato juice, water or seltzer)

13. After Dinner Cigarette (relaxing)

- Leave table promptly
- Wash dishes by hand
- Get a hobby
- Read newspaper or book
- Go to a movie (can't smoke in movie theater)
- Go for a walk – take dog

14. Nightcap Cigarette (not with drink, rather last cigarette of day)

- Brush teeth with mint flavored toothpaste and use mouthwash – don't want to spoil their taste
- Spend your evening reading in bed (not in chair) when you feel drowsy, go to sleep.

## **WHAT TO DO ... When the Craving Comes**

1. When you are challenged by a strong urge to smoke, take a few deep breaths and remember your determination to be free.
2. Think of your most important reason for wanting to stop. Say it out loud in front of the mirror.
3. Do not start feeling sorry for yourself. It's the people who are still smoking who should be pitied. You were smart enough to follow a program and stop smoking.
4. Immediately turn your attention to something else. Remember that the most intense craving lasts only a few minutes – 5 to 10 at the most.
5. Do something with your hands. Knit. Doodle. Play with coins. Write a letter.
6. Be good to yourself in every possible way. Even indulge yourself a little. Enjoy a special treat on weekends (a good meal, a show, etc.) with the money you've saved.
7. Frequent places where you don't smoke rather than places where you do.
8. Curb use of alcohol and caffeine.
9. Seek the company of nonsmokers.
10. Concern yourself only with today—tomorrow will take care of itself. Get through today without smoking.

## **THE 4 D's can lessen discomfort associated with the physical urge to smoke**

1. DEEP BREATHE – Deep breathing (whether sitting, standing or lying down) is an effective way of dealing with tension from cigarette cravings.
  - A. With your mouth closed and your shoulders relaxed, inhale as slowly as deeply as you can while silently counting to eight. As you do that, push your stomach out.
  - B. Hold your breath while counting silently to eight
  - C. Exhale slowly, while counting silently to eight.
  - D. Do this slow, deep breathing cycle of exercises five times.
2. DRINK WATER – Drink lots of liquids, especially water and fruit juice. Many ex-smokers report that this helps to alleviate the physical urge to smoke.
3. DELAY – When your craving is a mild one, it is possible to wait it out. After a few moments, you will find that the urge fades and then disappears.
4. DO SOMETHING ELSE – Here is a list of activities that you can do when the urge to smoke strikes:

Talk yourself out of it  
Stand up and stretch

Take a short walk  
Alter your routine

Change activities  
Doodle

## **STRESS MANAGEMENT**

- Schedule long blocks of quiet time. Write them down in your appointment book.
- Look at your schedule for the upcoming week. Block out at least one weekday evening and one weekend day to be reserved for an enjoyable, non-work related activity, something you will really look forward to.
- Schedule time for phone calls to people you care about.
- Set up lunch dates with friends. Ideally these should be people who have nothing to do with your work, people with whom you can talk about personal matters.
- Look for opportunities for short unstress breaks – a quick walk, five minutes of stretching exercises, a quiet cup of tea.
- Look for opportunities to become physically quiet – a brief nap, a bath or shower, getting (or giving) a massage.
- Get some exercise – it can be a great stress break. When you're feeling tense, there's nothing better than a long, slow jog, a hike in the park, or a stint of gardening or yard work.
- Enjoy time with your pet. Taking your dog for a walk combines both companionship and exercise. And a few things are more satisfying than sitting quietly with a purring cat in your lap.

## **MAKING PROGRESS**

- Each month, on the anniversary of your quit day, plan a special celebration.
- Periodically, write down new reasons you are glad you quit and post these reasons where you will be sure to see them.
- Make up a calendar for the first 90 days. Cross off each day and indicate the money you saved by not smoking.
- Set other intermediate target dates and do something special with the money you have saved.

## IF YOU HAD A SLIP OR TWO

1. Treat the slip as an emergency. Take immediate action to recover. For example, throw away the cigarettes or leave the party.
2. Remind yourself that a slip is just a mistake, not a total relapse back to smoking. You can be better prepared next time.
3. Repeat your commitment to quit and your reasons for quitting.
4. Review the actions that led to your slip.  
Activity \_\_\_\_\_  
Place \_\_\_\_\_  
Feelings \_\_\_\_\_
5. Plan a specific coping plan for the next time.  
I could avoid smoking next time by: \_\_\_\_\_
6. Ask someone for help.  
I will call \_\_\_\_\_ to discuss my plan and make a new commitment.

Quitting smoking takes practice. It takes more practice for some than for others. Having a couple of cigarettes is different from actually going back to smoking. Don't slip. Don't go back to smoking. But if you do, here are some helpful hints to get you back on track.

## IF YOU HAVE GONE BACK TO SMOKING

1. Keep on practicing until you quit for good.
2. Tomorrow, list your trigger situations and some plans on how you can cope with each situation without smoking.  

TRIGGER	MY PLAN
_____	_____
_____	_____
_____	_____
3. Decide which part of the day is the hardest to get through without smoking.  
The hardest part of the day to stay away from cigarettes is \_\_\_\_\_.  
I will practice not smoking during this time tomorrow \_\_\_\_\_.  
(day and time)
4. The next day, don't smoke during the time period you selected. Use your plan and check the handout, "**What to Do When the Craving Comes.**"
5. Call your buddy or Facilitator.
6. The third day, quit smoking for one day (24 hours). Arrange to have your Facilitator call you to support you.
7. At the end of the day, reward yourself for whatever progress you've made. You just need to keep practicing until you make it permanent. **You can do it!**

## MEDICATIONS FOR SMOKING CESSATION

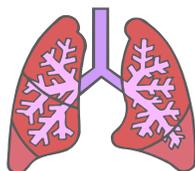
Type	How used	Pros/Cons	Dosage	Side Effects	Approx. Cost
<u>Nicotine Patch</u> NicoDerm CQ Nicotrol Nicotine Transdermal Patch (Rx) Habitrol (Rx) ProStep (Rx)	Apply to skin daily. Releases a steady dose of nicotine through skin.	<b>Pros:</b> <ul style="list-style-type: none"> <li>➤ Easy to use</li> <li>➤ Few side effects</li> </ul> <b>Cons:</b> <ul style="list-style-type: none"> <li>➤ Can cause vivid dreams</li> <li>➤ Can cause skin irritation</li> <li>➤ Releases nicotine slowly</li> </ul>	Typical dosage is to begin with 21mg patch and taper to 7mg. Dosage depends on daily nicotine intake. Available in 16 hour and 24 hour patch.	Skin rash at site of patch Dry mouth Trouble sleeping Nausea Headache	\$45- \$60 Generic patches are less expensive. (2 week supply)
<u>Nicotine gum</u> Nicorette Nicotine Polacrilex	Chew briefly until a peppery taste occurs in mouth. Park gum between the lip and cheek, leave it there.	<b>Pros:</b> <ul style="list-style-type: none"> <li>➤ Convenient</li> <li>➤ Flexible</li> <li>➤ Quick delivery of Nicotine.</li> </ul> <b>Cons:</b> <ul style="list-style-type: none"> <li>➤ Can't eat or drink while using</li> <li>➤ Tooth or jaw problems, must consult a dentist</li> </ul>	Comes in 2 and 4 mg doses. Maximum dosage is 20 pieces a day. Taper dose before stopping.	Aching Jaw Dizziness Nausea Hiccups	\$50 - \$60 Generic gum is less expensive. (2 week supply)
<u>Nicotine Nasal Spray</u> Nicotrol NS (Rx)	Every 1-2 hour, take a deep breath, spray once into each nostril and exhale through mouth.	<b>Pros:</b> <ul style="list-style-type: none"> <li>➤ Fastest delivery of nicotine from a nicotine replacement product.</li> <li>➤ Reduces sudden cravings.</li> </ul> <b>Cons:</b> <ul style="list-style-type: none"> <li>➤ Nose and sinus irritation.</li> <li>➤ Asthma and Allergy sufferers should not use.</li> </ul>	Uniform dosage depending on amount of cigarettes smoked per day.	Coughing Sneezing Sore throat Irritated nose and eyes	\$70 (2 week supply)
<u>Nicotine Inhaler</u> Nicotrol Inhaler (Rx)	Puff in short frequent puffs for 20 minutes.	<b>Pros:</b> <ul style="list-style-type: none"> <li>➤ Quick delivery of Nicotine.</li> <li>➤ Comforts of Hand-to-mouth motion</li> <li>➤ Few side effects</li> </ul> <b>Cons:</b> <ul style="list-style-type: none"> <li>➤ May cause mouth or throat irritation.</li> <li>➤ Cannot use if you suffer from COPD.</li> </ul>	Use 6 cartridges per day initially and taper off slowly. One cartridge is equal to 4 mg of nicotine	Coughing Mouth irritation Throat irritation	\$80
<u>Nicotine Lozenge</u> Commit	Put in mouth and let it dissolve, do not chew or swallow. Shift the lozenge in mouth. Takes 20-30 minutes to dissolve.	<b>Pros:</b> <ul style="list-style-type: none"> <li>➤ Convenient</li> <li>➤ Flexible</li> <li>➤ Quick delivery of Nicotine.</li> <li>➤ Able to use with dentures.</li> </ul> <b>Cons:</b> <ul style="list-style-type: none"> <li>➤ Can't eat or drink while using</li> <li>➤ Tooth or jaw problems, see a dentist.</li> </ul>	Comes in 2mg and 4mg dosage. Do not use more than 5 pieces in 6 hours or more than 20 pieces per day. Taper dose before stopping	Nausea Hiccups Heartburn Flatulence Headache	\$40 for 72 pieces
<u>Non-Nicotine Medication</u> Zyban (Rx) Wellbutrin (Rx)	For the first 3 days, take one (150 mg) pill per day. Then take 2 pills per day, 8 hours apart. For 3 months	<b>Pros:</b> <ul style="list-style-type: none"> <li>➤ Easy to use</li> <li>➤ Few side effects</li> <li>➤ Can use in "Combination Therapy"</li> </ul> <b>Cons:</b> <ul style="list-style-type: none"> <li>➤ Cannot use if history of seizure, stroke, liver or eating disorder, or MAO inhibitors.</li> </ul>	Must start taking two weeks before cessation.	Dry mouth Trouble sleeping Shakiness Skin rash Seizures	\$45 - \$55 (2 week supply)

# American Lung Association Call Center

Talk with our Nurses and Respiratory Therapists  
for questions regarding lung health and disease:

*Allergies*

*COPD*



*Lung Cancer*

*Asthma*

*Sarcoidosis*

*Tuberculosis*

*Emphysema*

*Environmental Health*

*Bronchiectasis*

Talk with our Smoking Cessation Specialists about:



*Quitting tobacco*

**1-800-548-8252**

## **Freedom From Smoking® - ONLINE**

*A Smoking Cessation Program for Adults*

- Participating in the American Lung Association's Freedom From Smoking® - ONLINE clinic is a great way to stay smoke-free!
- Now you can receive smoking cessation support 24 hours a day in the comfort of your own home!

[www.ffsonline.org](http://www.ffsonline.org)



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