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Help to Quit Smoking

As you already know quitting smoking isn't easy. However, millions of people have done it and you can too. Quit smoking aids, such as those listed here, can increase your chance of success and help you have a smoke free future. It's also smart to develop a plan to change your personal habits and set up a network of emotional support through friends and family.

- **Quit Lines**

When you call a quit line, you can talk with someone who's trained to help people quit smoking. It's free and you can call almost any time. Find a quit line that's right for you by calling the American Cancer Society or going to their website.

- **Nicotine Patches**

Patches give you a measured dose of nicotine through your skin to fight cravings. Several types and strengths are available and you can buy patches without a prescription. The one you choose depends on your body size and how much you smoke.

- **Nicotine Gum**

This fast acting form of nicotine replacement doesn't need a prescription and comes in different strengths. Chew the gum slowly until it tastes peppery then place the gum against your cheek. Alternate chewing it and placing it next to your cheek for about 20-30 minutes but don't eat or drink anything when using the gum as that will reduce nicotine absorption. Scheduling your doses throughout the day may be more effective for calming cravings.

- **Nicotine Lozenges**

Over-the-counter lozenges also are available in different strengths. You decide which dose to take based on when you usually had your first cigarette of the day. You'll absorb less nicotine if you eat or drink while using a lozenge.

- **Nicotine Nasal Spray** (discuss prescriptions with your primary care provider)

A prescription nasal spray delivers nicotine quickly to the bloodstream so it immediately relieves withdrawal symptoms. The spray offers a sense of control over cravings and most smokers using it report great results. However, it can cause sneezing and watery eyes because of the peppery taste. The FDA recommends only using it for up to six months.

- **Nicotine Inhalers** (discuss prescriptions with your primary care provider)

Using this prescription device is similar to smoking a cigarette. When you puff on the inhaler, a cartridge inside the plastic tube gives off nicotine. However, the medicine doesn't go into your lungs but is delivered to your mouth for quick absorption.

- **Zyban** (discuss prescriptions with your primary care provider)

This non-nicotine prescription medicine affects chemicals that are responsible for cravings so it reduces withdrawal symptoms. It contains the active ingredient bupropion which is used as an antidepressant. You can use it alone or with nicotine-replacement therapy.

- **Chantix** (discuss prescriptions with your primary care provider)

This oral prescription medicine contains the active ingredient varenicline tartrate. It reduces nicotine withdrawal symptoms and decreases the pleasure you get from smoking. Side effects can include changes in mood or behavior so it is important to use this medicine under medical supervision.