

## QUITTING OPTIONS

Every method works—you just have to **MAKE** it work!

METHOD	ADVANTAGES	DISADVANTAGES
<b>COLD TURKEY</b>	Can do it alone with no expense.	Withdrawal can be annoying. Need good planning—without it, going tends to be rough.
<b>GRADUAL REDUCTION</b>	Withdrawal symptoms tend to be less severe.	Some find it difficult to control the number of cigarettes smoked while reducing or fading. Without a written plan, it can be difficult to stay on course.
<b>Nicotine Patch</b> An adhesive patch that delivers nicotine through the skin in different strengths.	Easy to use. Only needs to be applied once a day. Can buy over the counter. Few side effects.	Slow onset of delivery. Some develop skin rashes. Sleep can be disrupted.
<b>Nicotine Gum</b> A gum-like product that isn't chewed like regular gum, but chewed briefly and "parked" so the nicotine can be absorbed through the lining of the mouth.	Convenient, flexible dosing and faster delivery than the patch.	Can be difficult to use for those with dental/oral problems. Frequent use is necessary to maintain adequate nicotine levels.
<b>Nicotine Nasal Spray</b> Prescription spray that delivers nicotine through the lining of the nose when you squirt it directly into each nostril.	Flexible dosing. Can be used in response to stress or urges to smoke. Fastest delivery of nicotine among currently available products. Reduces cravings within minutes.	Nose and eye irritation is common, but usually disappears within one week. Frequent use required during the day to obtain adequate nicotine levels.
<b>Nicotine Inhaler</b> A prescription cartridge that delivers nicotine when you puff on it.	Flexible dosing. Hand-to-mouth action mimics smoking. Few side effects. Faster delivery of nicotine than patches.	May cause throat or mouth irritation. Nicotine levels are difficult to maintain.
<b>Nicotine Lozenge</b> A form of nicotine that's absorbed in the mouth and throat.	Fast delivery. The user can control the dosage. Sold over the counter.	May cause throat irritation or stomach upset.

**TIP:**  
*“You can double your chances of success by using an FDA nicotine or non-nicotine approved drug.”*



METHOD	ADVANTAGES	DISADVANTAGES
<b>NON-NICOTINE MEDICINE (Zyban)</b> Prescription medication that acts on the brain chemistry to relieve nicotine cravings.	Easy to use. Pill form. Few side effects. Can be used with the patch.	Should not be used by pregnant or breast feeding women, or people with eating disorders, seizure disorders or who are taking certain medications, such as Wellbutrin, or medicines containing bupropion hydrochloride.
<b>NON-NICOTINE MEDICINE (Chantix)</b> Prescription medication that contains no nicotine but targets the same brain receptors as nicotine and blocks them. Cigarettes become less pleasurable.	Anecdotal accounts are positive.	May cause nausea, changes in dreaming, constipation, gas, vomiting or drowsiness, or may impair mood or behavior. Drug interaction is common.
<b>Electronic Cigarette (E-Cigarette)</b> Consists of a battery, a heating element and a cartridge that contains a liquid suspension with nicotine.	Tars and carbon monoxide are not present.	May still contain nicotine and unknown long-term health effects.
<b>Group Programs</b> Sessions that meet regularly and focus on helping you change your smoking behaviors.	Supportive and encouraging. Skill-building opportunities. Chance of success more than doubles with group programs.	Meeting schedule may not be convenient. Group settings do not appeal to all people.
<b>ALTERNATIVE MEDICINE</b> <p><b>Acupuncture</b> is an ancient Chinese therapy that involves stimulating specific anatomic points on the body. This process regulates energy flow in the body and, thus, restores health. Typically, an ear clip is used for cessation.</p> <p><b>Hypnosis</b> is a state of attentive and focused concentration that is induced by the use of “therapeutic suggestion.” The hypnotic trance state resembles other forms of deep relaxation. Hypnosis works best with other methods, including behavior modification techniques. Physicians or other medical professionals can make referrals.</p>		<b>NOTE:</b> You should consult with your doctor or pharmacist before beginning a treatment plan. We also encourage you to check the FDA’s website, <a href="mailto:drugs@fda">drugs@fda</a> , where you can search for each product by name, and determine what products might be most beneficial to you.