

How can Nicotine Replacement Therapies **DOUBLE your chances of quitting?**

-Quitting tobacco use is NOT a mind over matter issue! NRT's are used to reduce withdrawal symptoms and cravings. Withdrawal symptoms you may experience include, lack of concentration, anxiety, temper outbursts, tingling in the hands and feet, sweating, nausea, headaches, and irritability. A craving is strong desire or longing. Withdrawal and the craving for tobacco are the main reasons why you might pick up a tobacco product and start smoking again after you have quit. If you can reduce or eliminate withdrawal symptoms and cravings for tobacco you will have reduced/eliminated the chance of you having another tobacco product after you have quit, therefore increasing your chances of staying quit!

IMPORTANT FACTS

-Nicotine is an addictive drug that increases your blood pressure, makes your heart work harder, can result in blood clots, and can be highly addictive. **The use of nicotine medications as an aid to quitting smoking is much less harmful than smoking a cigarette.** Tobacco smoke contains over 4,000 chemicals, including at least 50 that cause, initiate, and promote cancer. Although the amount in each cigarette is small, the amount stored in the body increases with each puff of the cigarette.

-(Above information collected from the Heart and Stroke Foundation of Canada)

Tobacco Reduction Program
Room 2309A
Call 403.356.4880
For More Information or to
Join the Program!



Visit the Health Center
Room 901, or Call 403.342.3427
to make an appointment with
Dr. Donna Smith
Thursdays from 9am-3pm

For free personal counselling or
stress management help
contact:
Counselling, Career, and Learning
Centre, Room 1402
Call 403.343.4064

Double
Your Chances
of being
a Quitter!



The Tobacco Reduction
Program presents:
Understanding Nicotine
Replacement Therapy



when you get here you understand

Nicotine Replacement Therapy- Are proven to double quit rates, does not have the thousands of damaging chemicals that cigarettes do, and isn't as expensive as you might think.

Nicotine Gum (Nicorette, Thrive)- The Gum should be used whenever you have the desire to smoke. It is recommended that you do not exceed 20 pieces a day. Nicotine Gum is an over the counter stop smoking aid. Speak with your pharmacist who can explain how to correctly use the gum, to choosing the right dose and in selecting the right program for you. Know that it isn't like regular gum and you don't chew it continually. You just chew it a few times during a craving and park it in your cheek between times. Bonus: The Nicotine Gum comes in a variety of flavors.

Nicotine Patch (Nicoderm or Nicotrol)-The Patch gives your body a steady supply of nicotine to help protect you against cravings. This unique feature offers 24 hour protection, even against the early morning cravings many people find the most difficult. You can buy the Patch over the counter at your local drug store. The pharmacist can help explain how to use the Patch properly and when to go to the next stage. If a reduced dosage is desired, it is possible to cut these patches in half or quarters to save money.

Nicotine Lozenges (Commit)- The Lozenge delivers controlled amounts of nicotine at a slower and less intense pace than cigarettes. The nicotine is absorbed through the mouth tissues, helping with cravings and withdrawal symptoms. The medicine lasts long after the lozenge is gone and it comes in different flavours. This stop smoking aid can be purchased over the counter at your local drug store. Speak with your pharmacist about how to properly use the lozenge. It is possible to remove the lozenge from your mouth and keep it in plastic wrap in your pocket until you need it again.

Nicotine Nasal- This medication is used as a nasal spray. Consult your doctor before using the nicotine nasal spray to quit smoking. Your doctor will show you how to use the spray and what shouldn't be done such as sniffing, swallowing or inhaling the spray. Your doctor will also recommend how many doses you will need depending on your medical and smoking history. It is important to stop smoking before using this product.

Nicotine Inhaler (Nicorette)- The Inhaler can calm the cravings for a cigarette and satisfy hand-to-mouth ritual of smoking. The inhaler works by turning the nicotine you inhale into a vapour that is absorbed through the lining of your mouth and throat and not into your lungs. The inhaler can be purchased over the counter. Speak to your pharmacist for more information.

Bupropion SR (Zyban)- Bupropion is a prescription medicine. It is started before quitting smoking, with a quit date usually within the second week. Bupropion has an anti-depressant action, reducing withdrawal and helping depressed mood. It may also reduce cravings. When used in combination with other NRT's, such as the nicotine patch or gum, increase the chance of long-term success with smoking cessation.

Champix- Champix is a prescription medicine and is only available through your doctor. It can help to relieve the craving and withdrawal symptoms associated with quitting. Champix does not contain nicotine, but it has been shown to affect the nicotine receptors that are thought to be most related to smoking addiction. Ask your doctor about Champix, they will advise if Champix is right for you, and help you understand how to use Champix. Using this medication as directed by your doctor is very important for the medicine to help you with cravings and withdrawal symptoms.

To increase the chances of success, NRT should be used in combination with supportive counseling available at locations listed on the back.