

## THERAPY

## PHARMACOLOGY

Nicotine-Free Quit Aids

## PHARMACOLOGY

Nicotine Replacement Therapy

### COUNSELING (FRESHSTART, QUITLINE)

### HYPNOSIS

### ACUPUNCTURE

### VARENICLINE TARTRATE (CHANTIX)

### BUPROPION (WELLBUTRIN, VOXRA, ETC.)

### NICOTINE PATCH

### NICOTINE LOZENGE



#### Cost

The average cost of smoking per year: **\$1,700**

Free to \$\$\$

\$\$\$\$

\$\$\$\$

Free to \$\$

Free to \$\$

Free to \$\$

Free to \$\$\$



#### Routine

Varies

Varies

Varies

Tablet a day as prescribed by your provider.  
*Use of tobacco products permitted.*

150mg every morning for 3 days, then twice a day for the duration of treatment.  
*Use of tobacco products permitted.*

Apply new patch every 24 hours.  
*No additional nicotine products.*

Week 1-6: 1 every 1-2 hrs.  
Week 7-9: 1 every 2-4 hrs.  
Week 10-12: 1 every 4-8 hrs.  
*No additional nicotine products.*



#### Side Effects

None

None

Discomfort

- Nightmares
- Nausea
- Constipation
- Gas
- Vivid Dreams

- Dry Mouth
- Insomnia
- Suicidal Thoughts

- Itching, burning, or tingling when the patch is applied
- Redness or swelling at the patch site for up to 24 hours
- Dizziness, headache
- Upset stomach, vomiting
- Diarrhea

- Sore throat
- Heartburn
- Nausea/indigestion
- Hiccups



#### Success Rate



#### Contact Info

Freshstart at St. Elizabeth Healthcare: (859) 301-5570

Quitline: smokefree.gov (800) Quit-Now

Synergy Holistic Health Center: (859) 525-5000

Resources Within, LLC resourceswithin.com (513) 675-1120

St. Elizabeth Healthcare Family Practice Center (859) 301-3800

Ask for an Acupuncture provider.



Your Healthcare Provider



Your Healthcare Provider



Local Pharmacy



Local Pharmacy

## PHARMACOLOGY

Nicotine Replacement Therapy

## NO AID

	NICOTINE INHALER	NICOTINE GUM	“COLD TURKEY”	TAPER
 <b>Cost</b> The average cost of smoking per year: <b>\$1,700</b>	Free to \$\$\$	Free to \$\$	Free	\$\$
 <b>Routine</b>	6–16 cartridges per day for 12 weeks. <i>No additional nicotine products.</i>	Week 1–6: 1 every 1–2 hrs. Week 7–9: 1 every 2–4 hrs. Week 10–12: 1 every 4–8 hrs. <i>No additional nicotine products.</i>	No smoking	Varies
 <b>Side Effects</b>	<ul style="list-style-type: none"> <li>• Throat and/or mouth irritation</li> <li>• Cough</li> <li>• Stomach upset</li> <li>• Change in taste</li> <li>• Sinus pain/pressure</li> <li>• Pain in the jaw, neck or back</li> <li>• Headaches</li> </ul>	<ul style="list-style-type: none"> <li>• Burning in throat</li> <li>• Hiccups if chewed too quickly</li> <li>• Dental problems</li> </ul>	Nicotine Withdrawal	Nicotine Withdrawal
 <b>Success Rate</b>	★★	★★	★	★
 <b>Contact Info</b>	 Your Healthcare Provider	 Local Pharmacy		

### CONGRATULATIONS!

You have decided to quit—now what?  
Make an appointment to talk with your provider.

My appointment is:



## Quitting Now is the Best Thing for Your Health

Using tobacco in any form can be detrimental to your overall health. In fact, you may have already experienced some smoking-related symptoms, such as:

- Cavities
- Chronic cough
- Facial wrinkles
- Increased belly fat
- Shortness of breath
- Sexual dysfunction

As you continue to use tobacco, your risks for life-threatening illnesses increases. These include:

- Asthma
- Cancer
- COPD
- Heart disease
- Osteoporosis
- Stroke
- Peripheral vascular disease

Quitting now can greatly decrease your risk for developing any of the above illness and reduce your chance of dying too early by nearly two-thirds.

We encourage you to review the tobacco cessation options and talk to your healthcare provider about what may work best for you. While we've outlined several options, if you have questions about an alternative method to quitting, please talk to your healthcare provider.

# TOBACCO CESSATION GUIDE

## Your guide to medical care decisions.

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