

Butt Out!



Smoking Cessation Techniques

Quit Smoking Aids

Over-the-counter Nicotine Replacement Therapy (NRT)

Medication	Description
Nicotine gum, lozenge, inhaler	<ul style="list-style-type: none">▪ Used as needed to control cravings one at a time.▪ Ease strong cravings when you need extra help or temporary relief.▪ Administer the nicotine orally (absorbed through lining of cheek)
Nicotine patches	<ul style="list-style-type: none">▪ Used for up to 3 months (replace and gradually reduce the nicotine)▪ Most are worn full-time on the skin.▪ Help control cravings continuously and reduce the other effects of withdrawal (e.g., stress, anxiety, tension, poor concentration, irritability, and restlessness)

Prescription Drugs

Medication	Description
Bupropion	<ul style="list-style-type: none">▪ A pill originally developed to treat depression▪ Used to reduce cravings and other withdrawal symptoms▪ Start 7-10 days before you quit. <p><i>Note:</i> can be harmful if you have a history of seizures, have had a serious head injury, have an eating disorder, or are pregnant</p>
Varenicline	<ul style="list-style-type: none">▪ Pill that reduces cravings and decreases the pleasurable effects of cigarettes <p>Note: can be dangerous if you have had a history of depression or mental illness.</p>



Summary of effectiveness data for smoking cessation interventions (abstinence at least six months)

Intervention (source)	Comparator	Increased changes of quitting successfully
Self-help interventions	No intervention	24%
Group behavior therapy	Self-help programme	98%
Telephone counselling	Without telephone counselling	41%
Nicotine replacement therapy (NRT)	No NRT or placebo	58%
Bupropion	Placebo	94%
Varenicline	Placebo	133%

Source: www.who.int (Tobacco Free Initiative)

Professional and personal support

Support is available from many different health care professionals. You can ask for guidance from a doctor, pharmacist, nurse, or quit smoking counsellor. You can also get group support from smokers' support groups and online programs.

Quit lines

Call the pan-Canadian, toll-free quit line for telephone support. A quit specialist will help you create a quit plan and answer your questions about quitting. The specialist can also help you access information and services in your community and help you cope with cravings and withdrawal

Pan-Canadian Quitline: 1-866-366-3667

Smokers Helpline: 1-877-513-53333

Resource: “Your Guide to a Smoke Free Future” – Canadian Council for Tobacco Control, www.who.int, www.healthycanadians.gc.ca