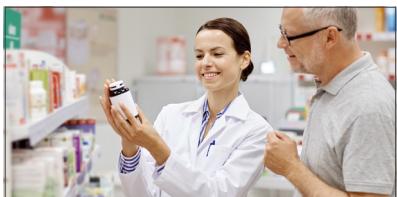


NICOTINE REPLACEMENT THERAPY (NRT)

FACTS



Gradually decrease nicotine doses. Helps manage symptoms as you quit smoking



Examples include nicotine patches, gums and lozenges, inhalers and sprays

PROS



Delivers smaller and smaller doses of nicotine until you're no longer addicted. With such low doses, you won't likely get addicted or stay addicted to nicotine.

CONS



You may need additional tools or strategies to quit smoking. Like any treatment, these might not work for you. They may cause bad reactions. Some medications cannot be used by people under 18. Not using nicotine replacement therapy may make withdrawal symptoms harder to handle.

LIVE SMOKE FREE

NIC
OR
NO?

If you want to quit tobacco, there are lots of proven tools out there! Some therapies use small doses of nicotine. Others don't. Which type will help you quit the nic?

Consult your health provider before trying any tobacco cessation therapy.

OTHER "QUIT TOBACCO" MEDICATIONS

FACTS



Prescription drugs that don't contain nicotine, but still help you handle withdrawal symptoms



Examples include medications like bupropion hydrochloride (Zyban®) or varenicline (Chantix®)

PROS



May lose the addiction faster than with an NRT. Good options if you take other medications or have serious medical conditions.

CONS



You may need additional tools or strategies to quit tobacco. Like any treatment, these might not work for you. They may cause bad reactions. Some medications cannot be used by people under 18. May not be safe for some pregnant women.