

If you decide to quit smoking...



Medications that can help

This is number six of eight sections of the QuitAssist® Resource Guide.



The more you know about how to quit, the better your chances for success²

When it comes to quitting smoking, there's no one way that works for everyone. A good way to start is to get as much information as you can, and decide on a plan that's right for you.

Welcome to QuitAssist®

QuitAssist® is an information resource sponsored by Philip Morris USA. It's designed to help you connect with a wealth of expert quitting information available—usually for free—from government agencies, universities, and respected nonprofit organizations. This QuitAssist® guide points the way to programs, telephone quitlines, websites, guides, and more that can help you find your own path to success.

You can also visit QuitAssist® Online at www.philipmorrisusa.com

From there, you can link directly to dozens of resources to help you move ahead and leave cigarettes behind.

> Medications that can help

For many people, medication can be the key to getting through those first weeks or months without cigarettes. The U.S. Food and Drug Administration (FDA) has approved seven medications to help smokers quit. Five help you manage withdrawal symptoms and urges by providing small amounts of nicotine. The other two options are the prescription drugs bupropion (*Zyban® and Wellbutrin®*) and varenicline (*Chantix™*). Research shows that taking either bupropion or varenicline also helps reduce cravings for cigarettes.

Be sure to speak with your health care provider about how medication can help you in your efforts to quit. Some smoking cessation medications are available at your local pharmacy without a prescription; others must be prescribed by a doctor. *(Note: These medications may be available in generic or brand-name form.)*

According to the National Institutes of Health, using one of these scientifically tested treatments could double your chances of quitting smoking.⁹ Experts now say that all smokers trying to quit should think about using medication, especially those who smoke ten or more cigarettes a day.¹⁰

(continued)



“Sometimes you try a few times and you don’t succeed; well, I finally succeeded. But it was a different route I took this time, a different mindset and a different tool. I had the aid of a prescription medicine, and that helped with the stress.”

—Sharon, smoke-free for 3 years

The quotes from ex-smokers throughout this guide are intended to offer insight as to why particular individuals chose to quit smoking and their experiences in doing so. Your own quitting experience may vary. The photographs and names are illustrative only and are not those of the quoted ex-smokers.

Smoking cessation medications

Type	Form	Some brand names	Availability
Nicotine Replacement Therapies	Gum	Nicorette®	Over-the-counter (OTC)
	Patch	Nicoderm®, Habitrol®, Prostep®, Nicotrol®	OTC and by prescription
	Inhaler	Nicotrol®	Prescription
	Nasal Spray	Nicotrol®	Prescription
	Lozenge	Commit®	OTC
Bupropion	Pill	Zyban®, Wellbutrin XL®	Prescription
Varenicline	Pill	Chantix™	Prescription

Adapted from www.cdc.gov and includes additional information from www.fda.gov

All of these FDA-approved methods have been found to be safe and effective when used as directed.¹¹ Of course, any medication can cause side effects.

For more information on the side effects or safety of smoking cessation medications, visit the website of the medication's maker, or go to www.treatobacco.net/en/page_171.html

Before you start, read the instructions carefully. Talk to your doctor or pharmacist if you have any questions about how to use your medication. It's especially important to talk with your doctor before you use quit-smoking medication—including

nonprescription ones—if you are under age 18, are pregnant or breastfeeding, or have a medical condition.¹² You may be able to use medication (*under a doctor's supervision*) even if you have a health problem. For example, the patch has been shown to be safe for many people with heart disease.¹³

Most medications are recommended for use for between two to six months. If you feel you need more help to stay quit, you may use medication for a longer time with your doctor's approval.¹³

For more information on how to use medications, go to www.myclearhorizons.com (*under "Getting Ready," click on "If You're Going to Use Nicotine Replacement Therapy or Zyban®"*)

Helpful tip...

If you're worried about gaining weight when you quit, stop-smoking medications may help—especially bupropion and nicotine gum.¹² And research suggests that minor weight gain often reverses over time. For more on handling concerns about weight gain while quitting, see <http://win.niddk.nih.gov/publications/smoking.htm>

If you decide to use a medication in your efforts to quit smoking, be sure to read carefully and follow the labeling instructions that come with the medication. Talk with your doctor or pharmacist if you have any questions. These medications can cause side effects. Additional information is available from public health authorities, such as the National Cancer Institute of the Department of Health and Human Services. This information is not an endorsement of any brand or any product by PM USA.

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Success is the sum of
small efforts, repeated
day in and day out.

—Robert Collier



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