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Why is Smoking Hard to Quit?

Nicotine

Nicotine, a chemical found in Tobacco and cigarette smoke, stimulates and rewards the brain. With more Nicotine exposure, the brain becomes more dependent on Nicotine. A decrease in daily Nicotine when you quit smoking leads to irritability, cravings, and withdrawal.

Habit

Many people smoke as part of their daily routine. Quitting smoking means changing the routine.

Triggers

Familiar surroundings can trigger a desire to smoking just as seeing food can trigger hunger.

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So, You Want to
Quit Smoking?



Daily Medications for
Smoking Cessation



Which Medication is Right for You?

Chantix (Varenicline)

How it Works

Chantix mimics the effects of Nicotine in the brain to lessen Tobacco cravings and Nicotine dependence.

Treatment

- 12 Weeks of Treatment
- Twice Daily
- No Smoking after 1 week
- No Nicotine Patch/Gum

Effectiveness

After 12 weeks, 1 in 2 patients taking Chantix had stopped smoking compared with 1 in 5 patients taking a placebo.

Zyban (Bupropion)

How it Works

Zyban blocks the effects of Nicotine in the brain to lessen Tobacco cravings and Nicotine dependence.

Treatment

- 7-12 Weeks of Treatment
- Twice Daily
- No Smoking after 10 Days
- Optional Nicotine Patch/Gum to help

Effectiveness

After 12 weeks, 1 in 3 patients taking Zyban had stopped smoking compared with 1 in 5 patients taking a placebo.

Other Options to Help Quit Smoking

'Cold Turkey'

Some people can quit smoking without any additional help. Others may step-down their Nicotine use gradually to lessen withdrawal symptoms.

Nicotine Gum

Nicotine Gum provides Nicotine when you have cravings. For many people, gum replaces smoking as part of their daily routine.

Nicotine Patch

Nicotine Patches provide nicotine through the skin as a continuous dose throughout the day. For many people, this helps reduce the desire to smoke.

Electronic Cigarettes

Electronic Cigarettes vaporize Nicotine allowing you to continue to inhale Nicotine vapor without suffering many of the harmful effects of smoking.