

This document was created by a medical student enrolled in the Rural Physicians Associate Program (RPAP) at the University of Minnesota Medical School as part of the course project. The aim of the project is to present information on a medical topic in the format of a patient education handout. It does not necessarily reflect the views of the University of Minnesota Medical School physicians and faculty. These materials are provided for informational purposes only and are in no way intended to take the place of the advice and recommendations of your personal health care provider. The information provided may no longer be up to date since it has not been reviewed since the date of creation. The information provided should not be used to diagnose a health problem or disease, or as a means of determining treatment. In the event of a medical emergency, immediately contact a doctor or call 911.

Medication Therapy

Zyban (Bupropion) or Chantix (Varenicline)

Zyban is a prescription medication that can be used to help people quit smoking. Zyban blocks the effect of nicotine on the brain reducing the pleasurable feeling associated with cigarette smoking. This medication should be started before you quit smoking.

Chantix is a prescription medication that can be used to help people quit smoking. Chantix reduces nicotine cravings and reduces the pleasurable feeling associated with smoking cigarettes. This medication should be started before you quit smoking.

ASK YOUR HEALTH CARE PROVIDER FOR MORE INFORMATION ON HOW TO QUIT SMOKING AND IF THE MEDICATIONS AVAILABLE ARE RIGHT FOR YOU.

Patient Resources:

Minnesota Quit Plan
1-888-354- PLAN
www.quitplan.com

Smoke Free
www.smokefree.gov

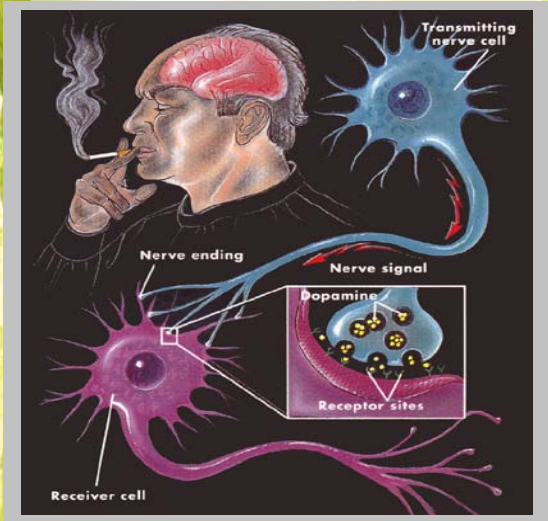
American Lung Association
1-800-548-8252
<http://www.lungusa.org/stop-smoking/>

*Created by: Rebecca Stepan
University of Minnesota
Medical School*



*What you need to know about
nicotine dependence and
how to quit smoking.*

How Nicotine Affects Your Brain



Cigarettes contain a compound called nicotine. When smoke is inhaled, nicotine is quickly put into the blood stream. Nicotine produces a pleasurable sensation when it reaches the brain and central nervous system. Withdrawal symptoms occur within a couple of hours after smoking a cigarette. This withdrawal leads the smoker to reach for another cigarette to make the withdrawal symptoms go away.

The Effects of Smoking

Smoking has a negative impact on health because of all the chemicals in cigarettes. Smoking leads to an increased number of lung infections, heart attacks, and cancer. Smoking has a negative impact on the economy from lost days of work by smokers and the expense of treating illness related to smoking. Cigarettes are expensive. A one pack-per-day smoker can expect to spend almost \$2000 per year on cigarettes.

How to Quit Smoking

1. Make the decision to quit.
2. Talk to your healthcare provider. They can discuss medications or therapies that will help you be successful.
3. Choose a quit date that has meaning. Example: the birthday of a person who is special to you. Every time you want to have a cigarette, remember the day you quit and why.
4. Find people who are supportive of your decision and rely on them for support during this process.

Medication Therapy

Nicotine Replacement Therapy

Nicotine Replacement Therapy is used to replace the nicotine that you would normally get by smoking a cigarette.



Nicotine replacement comes in a variety of options including patches, gum, lozenges, and a nasal spray. The gum, patches, and lozenges are available over the counter without a prescription. The nasal spray is available by prescription from your health care provider. The patch can be worn all day for long-term delivery of nicotine. Gum or lozenges can be used to relieve cravings.