Title: Behavioral therapy more effective than pharmacotherapy for smokeless tobacco use cessation.

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Abstract: Behavioral interventions should be used to help smokeless tobacco users to quit specifically utilizing telephone counseling and/or an oral examination with feedback of mucosal damage. Pharmacotherapies examined included bupropion, nicotine patch, and nicotine gum have not shown to effect cessation rates at six months for smokeless tobacco users.
Quitting tobacco can be difficult. Unfortunately, certain medicines that doctors use to help people quit smoking don’t always work for people who chew.

Can’t I just take a medicine?

Ask your doctor about behavioral therapy.

Want to Quit Chewing Tobacco?

Help is on the Way!

Studies have shown that support counseling over the phone or visiting your dentist can motivate people to quit.

Your doctor can help you decide which approach would be best for you.