

Medication	How it works	Pros	Cons
Nicotine Replacement Therapy (NRT) (e.g. patch, gum, inhaler, lozenge)	<ul style="list-style-type: none"> Provides nicotine in a safer form than smoking to reduce withdrawal symptoms 	<ul style="list-style-type: none"> Can buy at a pharmacy without a prescription Easy to use and discreet Few side effects Some can be used in combination to control withdrawal symptoms 	<ul style="list-style-type: none"> Does not get rid of all nicotine withdrawal symptoms Need to follow directions carefully to ensure correct use, dose and to reduce potential side effects
Bupropion (e.g. Zyban®)	<ul style="list-style-type: none"> Controls cravings for nicotine and reduces withdrawal symptoms Begin taking before your quit date 	<ul style="list-style-type: none"> Non-nicotine medication Easy to use pill format Can be used in combination with NRT Cost may be covered by drug plan Anti-depressant effect Can be used for longer periods 	<ul style="list-style-type: none"> Requires a prescription Can interact with other drugs Some side effects Not for people with specific health issues including seizure disorders and those taking anti-depressants
Varenicline (e.g. Champix®)	<ul style="list-style-type: none"> New medication specifically developed to reduce desire for nicotine and reduce withdrawal symptoms 	<ul style="list-style-type: none"> Non-nicotine medication Best success rate (to date) No known drug interactions Easy to use pill format Cost may be covered by drug plan 	<ul style="list-style-type: none"> Requires a prescription Some side effects including nausea

Want to quit? Medication can help.



No cost, confidential
one-to-one help
to quit smoking
contact
Smokers' Helpline
1-877-513-5333

or
www.smokershelpline.ca

For more information contact
York Region,
Health Connection
1-800-361-5653
or visit www.york.ca



Medications can more than double
your chances of quitting smoking.



Quitting smoking is a process that typically takes about five attempts to be successful. What you learn from each quit attempt will improve your chance of success in the next quit attempt. Each attempt to quit smoking is a positive step towards a healthier future.

There are many quit smoking strategies and tools available, depending on the kind of smoker you are. Remember if one strategy doesn't work, try another. Maybe a combination of strategies will work best for you.

It is never too late to quit smoking.



Get ready to quit smoking by gaining an understanding of why you smoke. Keep track of your smoking pattern and triggers with the attached chart.

Discover:

- What times of day you smoke
- Where you smoke most often
- Whom you smoke with
- What your mood is when you smoke
- Which cigarettes are most important to you

Once you understand your smoking pattern, make a plan to avoid triggers and find healthier substitutes.

- Change your routine (e.g. drinking tea instead of coffee in the morning)
- Take a walk
- Call a support person
- Eat healthy snacks
- Drink water
- Chew gum
- Take deep breaths (cravings pass in minutes)

Instructions:

Keep this chart folded in your cigarette package and record every cigarette you smoke until the chart is complete.

Cigarette	Time	Place	With whom	Mood (G/B)	Rate (1-5)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					

Mood G = Good or happy mood before you smoked
 B = Bad, angry, or sad mood before you smoked
 ? = Not sure how you felt before you smoked

Rate Record how important having the cigarette was
 1 = I could have done without this cigarette
 5 = I had to have this cigarette