

The Most Important Health Decision of your *Life*

Let us help you decrease your chance of developing CANCER, HIGH BLOOD PRESSURE, HEART DISEASE, and LUNG DISEASE and save yourself 2,500 Dollars per year!

The Problem - Quitting is HARD- only 2-3 percent of smokers quit without HELP because **Nicotine Withdrawal** - starts 1 day after quitting and lasts for up to 4 weeks. Symptoms include increased appetite, weight gain, depression, trouble sleeping, anxiety, restlessness, and difficulty concentrating.

THE HELP - Counseling and Medications Increase your chance of Quitting to 25-35 percent

Medication Options - *Pick One*

- Option 1. Chantix (varenicline)** - works to block nicotine receptors in our brain and reduce nicotine withdrawal. Quit date is one week after starting medication
- Option 2.** Combined Nicotine Replacement using both long acting and short acting options
Nicotine Patches- applied once daily for 2-3 months to minimize nicotine withdrawal. If you smoke more than 10 cigarettes daily you will start at 21 mg patch daily for 6 weeks then 14 mg patch for 2 weeks and then 7 mg patch for 2 weeks. Your quit date is same day you start nicotine replacement.
Nicotine Lozenges/Gum- should be used in combination with the patches to help with short term cravings. Can be used every 1-2 hours as needed.
- Option 3. Bupropion** - antidepressant that works to control nicotine withdrawal. Quit date 1 week after starting medication.

Counseling Options - *Pick One*

- Option 1. Behavior Health Consultant** - We can arrange in person visit with licensed professional who can help you address all the things in your life that make quitting challenging!
- Option 2.** Call the Quit Line any time of day to speak to someone and get advise- 1-800-784-8669

YOUR QUIT DATE _____

