

SMOKING CESSATION PROGRAMS

QUITPLAN

1-888-354-PLAN

Offers telephone counseling; in-person counseling in healthcare settings; a Web site containing helpful quitting tools, activities and the ability to connect with others trying to quit; and free nicotine patches, lozenges or gum to those eligible. QUITPLAN can also connect you with your own health plan's counseling program if you have existing insurance.

Sponsored by: ClearWay Minnesota, a nonprofit organization that aims to improve the health of Minnesotans by reducing tobacco use.

Clean Break/Smoker's Treatment Program

612-331-STOP

Takes a cognitive approach using decision-making skills. The program consists of 5 sessions followed by 8-10 weeks of telephone follow-up.

Sponsored by: United Hospital
333 N. Smith Ave.
St. Paul, MN 55102

Abbott Northwestern
800 E. 28th St.
Minneapolis, MN 55407

Minnesota's Tobacco Helpline

1-877-270-STOP

For Minnesota residents, a toll-free helpline includes one-on-one counseling, quitting plans and information on medications.

Sponsored by: Minnesota Partnership for Action Against Tobacco,
along with several Minnesota health plans

Nicotine Anonymous

952-404-1488

A 12-step recovery program for men and women who are trying to quit or have quit nicotine.

Sponsored by: Various locations around the Twin Cities metro area;
classes six days a week



DIVISION OF PULMONARY & CRITICAL CARE ASSOCIATES, P.A.
thelungclinic.com

St. Paul Office

225 N. Smith Ave.
Suite 300
St. Paul, MN 55102
651-726-6200

Maplewood Office

1600 St. John's Blvd.
Suite 201
Maplewood, MN 55109
651-779-9322

WHAT WILL IT TAKE FOR YOU TO QUIT SMOKING?



DIVISION OF PULMONARY & CRITICAL CARE ASSOCIATES, P.A.

WHY WILL YOU QUIT?

Many smokers have quit smoking because of the many benefits of being smoke-free. Some waited until they had symptoms like a cough or breathing problems. Others waited until they were told they had cancer or a heart problem.

What will it take for you to stop smoking?

Think about your reasons for quitting each day. Maybe you want to quit to set a good example for your children, feel better physically, perform better athletically, be free from addiction or to save money.

Find out how much money you will save yearly by filling in this formula:

_____ packs a day X \$_____ per pack X 365 = \$_____ savings
(use decimal for partial pack)

What do you hope to gain from quitting?

Consider the following health benefits over time:

- Within *a few weeks* your skin tone improves
- After *3 months* lung function may begin to improve and there may be a decrease in coughing, sinus congestion, fatigue and shortness of breath
- After *1 year*, coronary heart disease (the leading cause of death in the United States) improves to a point where excess risk is reduced by 50%
- In *5-15 years* the risk of stroke returns to the level of a person who has never smoked
- After *10 years* the risk of lung cancer is 30-50% that of continuing smokers
- After *15 years*: coronary heart disease becomes similar to that of a person who has never smoked

Think of when you will quit.

Choose a quit date and promise yourself not to smoke. Tell your friends, family and coworkers about your quit date. Tell them your reasons for wanting to quit and ask for their support.

In this brochure, you will find information on programs and medications that will help you with your commitment to a life without tobacco.

OVER-THE-COUNTER SMOKING CESSATION MEDICATIONS

Talk with your healthcare provider about the best smoking cessation medication for you and the possible side effects before beginning a cessation medication.

Commit Lozenges

Before starting Commit Lozenges, you need to be motivated to quit smoking. Use the Committed Quitters Program available with Commit Lozenges or join a program.

Commit Lozenges contain nicotine, so as you use it, nicotine is released and absorbed through your mouth tissues. Commit Lozenges deliver a safe amount of medicine. As you go through the 12-week program, you will use fewer lozenges until eventually you don't need any.

Nicotine Gum

Nicotine gum will help reduce withdrawal symptoms while you quit smoking. Nicotine gum is available in doses of 2 mg and 4 mg per piece. Talk with your physician or a pharmacist regarding the appropriate dose for you.

When you chew nicotine gum, the nicotine from the gum is absorbed through the lining of the mouth. Next, the nicotine travels through your blood to your brain to help replace the nicotine your body got used to when you smoked. Talk to your doctor or nurse and read the instructions that accompany the gum to learn how to use it. Most people are off the gum in 3-6 months.

Nicotine Patch

The nicotine patch may help you stay off smoking by reducing your withdrawal symptoms. The nicotine patch should only be used when all smoking has stopped—on quit day and beyond.

When used with a smoking cessation program, the nicotine patch may help you quit for life. The patch is most helpful to smokers who are addicted to nicotine. When you wear the nicotine patch, it delivers a steady dose of nicotine through your skin to your blood stream. The nicotine travels to your brain to help you replace the nicotine your body got used to when you smoked. Most people are off the patch after several months.

PRESCRIPTION SMOKING CESSATION MEDICATIONS

Nicotrol Inhaler (Nicotine Inhalation System)

A Nicotrol Inhaler is a prescription to help people quit smoking. Nicotine replacement therapy has been demonstrated to be safe and effective in numerous clinical trials. You must be firmly committed to quit smoking. It is important to participate in a behavioral program, counseling or support program while using the Nicotrol Inhaler.

Users of the Nicotrol Inhaler typically develop their own technique. The nicotine in each cartridge in the inhaler is used up after 20 minutes of active puffing. For best results, it is recommended that at least six cartridges a day be used.

Zyban

Zyban is a prescription medication to help people quit smoking. Studies have shown that more than one third of people quit smoking for at least one month while taking Zyban and participating in a patient support program. For many patients, taking Zyban reduces withdrawal symptoms and the urge to smoke. It is important to participate in a behavioral, counseling or other support program while taking Zyban. Zyban does not contain nicotine and is taken as a tablet by mouth for 7-12 weeks.

Chantix

Chantix works by blocking the pleasant effects of nicotine on the brain, it is taken as a tablet by mouth. It is usually taken once or twice a day. Follow the directions on your prescription label carefully, and ask your doctor or pharmacist to explain any part you do not understand. Chantix is typically taken for 12 weeks.

You will set a quit date to stop smoking and start taking Chantix one week before that date. You may continue to smoke during this first week, but make sure to try to stop smoking on the date you have chosen.

Please speak with your healthcare provider about your best options for quitting and to obtain a prescription for a Nicotrol Inhaler, Zyban or Chantix.

