

# Quitting Tobacco

### **Narrator**

Since 1965, warning labels have been telling people that smoking and tobacco use are hazardous to their health. Tobacco use causes cancer, increase the rate of heart attack and stroke. Smoking also slows down the healing process.

### **Michele Weizer, Pharmacist, Pharmacotherapy Specialist, JFK Medical Center, Atlantis, FL**

When a patient is a smoker, and is in the hospital and has to have some type of surgical procedure, wound healing takes a lot longer.

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Stopping smoking completely is the only way to avoid these and other health risks. To increase your chances of success, it's important to have a plan that covers all the bases.

### **Carrie L. Yuan, Pharmacist, Pharmacotherapy Specialist; Harborview Medical Center, Seattle, WA**

The most effective approach to quitting smoking is to have sort of a comprehensive get at it approach. And what we encourage our patients to do is a behavior modification approach.

### **Narrator**

There are several medications that can help you quit. These are available over the counter or by prescription and they work by decreasing the desire to smoke. Nicotine replacement products include gums, tablets, patches, nasal sprays and oral inhalers. Prescription aids include bupropion and varenicline. If you use a prescription product to help you quit, it's important to always talk to your doctor or pharmacist before using another aid to quit smoking. Some of these medicines can cause unpleasant side effects when used together.

### **Michele Weizer, Pharmacist, Pharmacotherapy Specialist, JFK Medical Center, Atlantis, FL**

The reason why is because the way that this medication works once you're taking a full dose is it inhibits or works in the same place that nicotine does. So if you take nicotine replacement along with this particular drug, it actually is going to make you quite sick.

### **Narrator**

An expert trained in helping people quit can help tobacco users find the best plan for them. With the right plan, the right health team, and the right medications and counseling, even long-term users can become tobacco free for life.