

## QUITTING SMOKING: PRODUCTS THAT CAN HELP WITH WITHDRAWAL

### TRANSCRIPT

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Your healthcare provider may recommend you use stop smoking aids to help with any withdrawal you may experience when quitting smoking. These stop smoking aids include nicotine replacement therapies, which contain the nicotine cigarettes have but without all of the toxins of cigarette smoke, or non-nicotine replacement therapies, products that contain medication other than nicotine.

Some nicotine replacement aids, such as the patch, gum, and lozenges are available over-the-counter without a prescription. However, consult with your doctor before using them and follow the directions carefully.

If you haven't been successful using these aids in the past, it may be because you tried to do it without a plan. Consider trying it again with a strong plan in place, in a smoking cessation group, or consider another option.

Your doctor might prescribe a nicotine inhaler and/or nasal spray or a non-nicotine replacement therapy. Depending on which aid you use, it either eases cigarette cravings and withdrawal symptoms, or blocks the stimulation of the pleasure center in your brain.

Some smoking cessation aids can be taken in combination under the guidance of a healthcare professional. The dosages vary for each type of product and sometimes depend on your smoking history.

Side effects can vary. You may need to try several aids before finding the one that works for you.

Talk to your healthcare provider if you have any medical conditions, such as diabetes or heart disease, or are currently taking any other medication. She will help find the right stop smoking aid for you.

If the cost of stop smoking aids concerns you, talk to your healthcare provider or pharmacist. You may be able to get financial assistance. And remember how much money you will be saving by not smoking.

Using stop smoking aids – whichever one is right for you – will help you cope with the withdrawals and cravings you may experience. It is a key part of your plan to quit smoking and stay quit.