



# Are You Ready To Quit?

## Did You Know?

- The number of smokers who die each day is equivalent to the number of passengers on two jumbo jets.
- Smoking related deaths exceed 500,000 each year, accounting for 16 percent of all deaths. This is more than death from AIDS, illegal drugs, murders, suicide, car accidents and fires combined.
- A smoker's risk for sudden cardiac death is two to four times greater than that of a nonsmoker.
- Smoking is a risk factor for many diseases, including chronic obstructive pulmonary disease, lung disease, high blood pressure, gastroesophageal reflux disease and many forms of cancer.

## Steps for Success

1. Each smoker needs to possess a desire to quit.
2. Have a partner.
3. Ask your pharmacist to help choose an appropriate product.
4. Report any side effects to your pharmacist or doctor so that an alternative can be pursued.
5. Follow up with your pharmacist monthly.

## Smoking Cessation Products Available

- Nicotine Gum: Nicotine gum has been proven by research to be one of the most successful methods of nicotine replacement therapy (NRT). The gum is chewed and kept in the pouch of your mouth so that nicotine is released into the bloodstream and can simulate the same sensations associated with smoking.
- Nicotine Patch: The patch appears as a bandage that is impregnated with nicotine and applied to a different section of skin, free from hair or scars, with each use. This allows for a steady stream of nicotine to be released into the body. The patch may cause some skin irritability and may not be appropriate for those with skin conditions or allergies to adhesive tape.
- Nicotine Inhaler: Unlike a cigarette, the nicotine inhaler releases nicotine into the mouth or throat where it is absorbed. Side effects may include cough or throat irritation.
- Commit Lozenge<sup>®</sup>: The Commit product is a 12-week NRT. It is treated like any other lozenge, in that it is necessary to shift it from one side of the mouth to another for approximately 20 to 30 minutes or until it is fully dissolved. People using this product will often experience a tingling sensation with its use.
- Zyban<sup>®</sup>: This product is in pill form and is available by prescription only. It is an antidepressant and free of nicotine, but has the ability to reduce nicotine withdrawal symptoms and the urge to smoke.

Let your pharmacist help to decide which will work best for you.