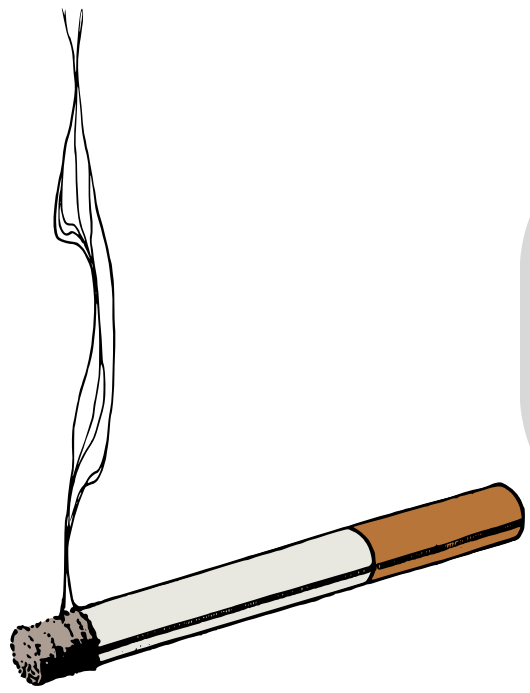










How to Quit Smoking



**RELAPSING IS OK!
YOU ARE STILL CAPABLE OF QUITTING.
KEEP WORKING ON IT!**

WITHOUT MEDICINE:

- Take one additional cigarette out of the pack each day 
 - Identify routines and replace cigarettes or change the routine 
 - Keep track of how much money you spend on cigarettes each month 
 - Distract yourself 
 - Healthy substitutes: hold like a cigarette and bring to your mouth: tooth pick, straws or cinnamon sticks 
 - Fidget to help release nervous energy: squeeze ball, paper clips, doodling 
- Call: 1-800-QUIT-NOW

MEDICATIONS:

**Can help reduce the urge to
smoke and make cigarettes less
enjoyable**



- Nicotine gum, patch, lozenge
- Varenicline
- Bupropion



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Disclaimer: Med ed materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.