

# Personalize *Your Strategies to Quit Tobacco*

Maximize your success. Address the three types of addiction and choose strategies that will work for you. Combining medications with various strategies maximizes your success rate for quitting.

## Physical Addiction

Nicotine replacement therapy (NRT) may be for you if:

- You are a heavy smoker, smoke shortly after waking up, have tried to quit before without success, or have had a relapse.
- You have conditions that increase your risk of failure or relapse: depression, anxiety, stress, sleep issues, female gender, ambivalence about quitting, or fear of weight gain.

There is not enough evidence to support the safety or efficacy of NRT in women who are pregnant or breastfeeding, adolescents, users of smokeless tobacco, and light smokers. All FDA-approved medications have specific contraindications, warnings, precautions, other concerns, and side effects. Refer to FDA package inserts for information. Always check with your doctor before using NRT.<sup>1</sup>

Check the boxes of NRT and/or Medication that are your preferences. Remember combination therapy works better than single therapy for heavy smokers.

NRT:  Nicotine patch  Gum  Lozenge  Nasal inhaler spray  Oral inhaler

Medication:  Bupropion (Zyban/Wellbutrin)  Varenicline (Chantix)

Consult with your doctor for help. (See Communicating with Your Doctor handout.)

## Psychological Addiction

Do you have a mental health issue that is not fully addressed? If so, what can you do?

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Research shows many, if not most smokers, benefit from counseling or a support group.

- What type of counseling or support would you prefer? (Check the boxes next to your preferences.)

Individual  Group  Telephone quitline  Web-based  Church-based  Cognitive behavioral therapy

• Who will be in your support system? \_\_\_\_\_

• How can you develop a can do attitude? \_\_\_\_\_

## Habitual Addiction

Determine your quit date and what strategy you will use for quitting:

• Tapering (Describe your method.) \_\_\_\_\_

• Cold turkey (Describe how you will approach this.) \_\_\_\_\_

How will you deal with the habitual addictions to nicotine?

• List your methods \_\_\_\_\_

*This document is for general information only and is not intended as a substitute for professional medical care.*

<sup>1</sup> US Department of Health and Human Services, Public Health Service, Clinical Practice Guideline Treating Tobacco Use and Dependence 2008 Update, Pages 44, May 2008. Located at: [https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/treating\\_tobacco\\_use08.pdf](https://www.ahrq.gov/sites/default/files/wysiwyg/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/update/treating_tobacco_use08.pdf)

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