

Medications and NRTs can help with the craving and withdrawal symptoms of quitting tobacco.

# Products Approved for Help with Quitting Tobacco

**A number of nicotine replacement therapies (NRTs) and other medications** have been approved for use by the U.S. Food and Drug Administration (FDA) to help people quit tobacco and are available either over the counter or with prescriptions. NRTs supply your body with nicotine in controlled amounts while other products, such as Zyban and Chantix, interfere with the way your body responds to nicotine. These products can help relieve difficult cravings and withdrawal symptoms that come with quitting tobacco while sparing you from other chemicals found in tobacco products.

## Increase your chances of quitting tobacco...

Using approved products and medications can increase your chances of quitting tobacco by minimizing cravings and limiting symptoms of nicotine withdrawal. Even if you are not ready to quit, these products can help you withstand periods when tobacco use is prohibited and can reduce health risks by limiting tobacco use and secondhand smoke exposure.

Products Approved for Quitting Tobacco <sup>1</sup>	How well does it work? <sup>2</sup>	How much does it cost to quit? <sup>3</sup>	Does insurance cover it? <sup>4</sup>
<b>Over the Counter</b>			
Nicotine Patch	★☆☆	Free to \$\$	Yes
Nicotine Gum	★☆☆	Free to \$\$\$	Yes
Nicotine Lozenge	★☆☆	Free to \$\$	Yes
<b>Prescription Medication</b>			
Nicotine Nasal Spray	★☆☆	\$\$ to \$\$\$	Yes
Nicotine Inhaler	★☆☆	\$\$\$	Yes
Zyban® (Bupropion pills)	★☆☆	Free to \$\$\$	Yes
Chantix® (Varenicline pills)	★★★☆☆	\$\$ to \$\$\$	Yes
<b>Combination Methods</b>			
Counseling and Support + NRT	★★★★★	Free to \$\$\$	Yes

### Evidence of Treatment Effectiveness

★★★★ = Best  
 ★★★☆☆ = Better  
 ★☆☆☆☆ = Good

### Cost to Quit

\$ = under \$150  
 \$\$ = \$151–299  
 \$\$\$ = \$300+

<sup>1</sup> Learn more about these products at <http://www.fda.gov/forconsumers/consumerupdates/ucm198176.htm> <sup>3</sup> Cost may be free or significantly reduced by insurance, health plan, clinic, or QuitLine coverage. <sup>2</sup> Ratings based on *Treating Tobacco Use and Dependence: 2008 Update—Clinical Practice Guideline*. <sup>4</sup> Under the Affordable Care Act, all insurance policies must cover tobacco cessation aids.

Since these products are designed to help with the physical dependence to nicotine, they may not help with the other elements of quitting, such as dealing with changing habit patterns or managing stress. Getting social support and learning new behaviors to overcome these psychological and habitual aspects of quitting can help increase your chances of quitting for good.

### Take note:

- nicotine from NRTs can take longer to enter your body, so you don't experience the same instant relief from cravings;
- there is not always the same hand-to-mouth habitual movement your brain associates with using tobacco;
- the goal of NRTs is to break your addiction to nicotine, so use should be limited and not used to distract from periods of discomfort, boredom, pain, etc.; and
- other nicotine-containing products, such as e-cigarettes, have not yet been proven or approved to be used as quitting aids.

The combination of using approved products in combination with counseling and support can significantly increase your chances of successfully quitting. Get free counseling and support today by calling **1-800-QUIT-NOW** or visiting [www.coquitline.org](http://www.coquitline.org).

For more information, call (303) 275-7555, email [tobaccofree@jeffco.us](mailto:tobaccofree@jeffco.us), or visit our website at [www.TobaccoFreeJeffco.com](http://www.TobaccoFreeJeffco.com)

