

TIPS FROM EXPERTS TO MAKE NICOTINE REPLACEMENT WORK BETTER

If you are fed up with smoking and have tried nicotine gum, lozenge or patch on your own without success read these tips. These tips were made by a panel of Tobacco Treatment Specialists. They wanted to find out important information about how to be successful with Nicotine Replacement Therapy (NRT) products that the package insert may not tell you. Your doctor wants you to have this information to help you quit. Your doctor wants to support you in quitting in any way possible.

Tip #1: NRT is ONE good tool to help you quit smoking. But NRT can't do all the work for you—you have to help—and it is not the only tool to help you stop smoking. Ask your doctor about other medications and counseling resources that can help you give up tobacco for good.

Tip #2: Don't worry about the safety of using NRT to stop smoking: NRT is a safe alternative to cigarettes for smokers.

Tip #3: Do be cautious about using NRT while pregnant. Check with your doctor.



Tip #4: NRT is less addictive than cigarettes and it is NOT creating a new addiction.

Tip #5: Stop using NRT only when you feel VERY SURE you can stay off cigarettes.

Tip #6: If the amounts of NRT you are taking do not help you stop smoking, talk with your health care provider about using.

- more NRT,
- more than one type of NRT at the same time,
- other smoking cessation medicines at the same time, or
- telephone or in person advice on quitting tips.



Tip #7: If NRT helps you stop smoking, but you go back to smoking when you stop using NRT, you should seriously think about using NRT again the next time you try to stop smoking.

Some examples:

Telephone Counseling, Therapy counseling



www.californiasmokershelpline.org
FREE: 1-800-NO-BUTTS

American Lung Association
1-800-LUNG-USA or
510-893-5474 x375

12 Step program, Group Counseling Buddy system



www.nicotine-anonymous.org
FREE: 510-521-5025

Hypnosis, Acupuncture

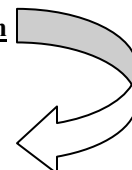


NRT

Important info that package inserts don't tell you.



More tips on the back of page.



TIPS FROM EXPERTS TO MAKE NICOTINE REPLACEMENT WORK BETTER (cont.)

Tip #8: Make sure you are using the gum or lozenge in the best way:

- Chew the gum slowly – fast chewing doesn't allow the nicotine to be absorbed from the lining of the mouth and can cause nausea.

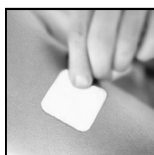


- Don't drink anything for 15 minutes before and nothing while you are using nicotine gum or the lozenge so your mouth can absorb the nicotine.

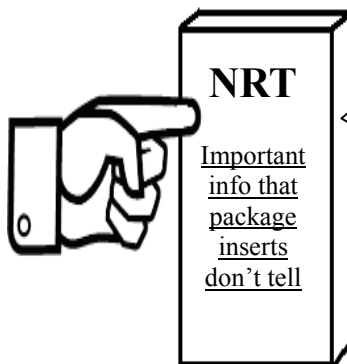
- Make sure you get the right amount of nicotine – people who smoke more than 10 cigarettes per day should use a 4mg piece of gum or lozenge.

Tip #9: Make sure you are using the patch in the best way:

- If you can't stop having a few cigarettes while using the patch, it is best to keep the patch on. Don't let a few slips with cigarettes stop you from using the patch to quit smoking.



- You may need to add nicotine gum or lozenges to help get over the hump or you may need to use more than one patch at a time. Talk to your healthcare provider about this.



Tip #11: Do whatever it takes to get the job done—it is not a weakness to use medicine to stop smoking.



Tip #10: If the price of NRT is a concern, try to find “store brand” (generic) NRT products which are often cheaper than the brand name products.



Adapted from: Kozlowski LT, Giovino GA, Edwards B, DiFranza J, Foulds J, Hurt R, Niaura R, Sachs DPL., Selby P, Dollar KM., Bowen D Cummings KM, Counts M, Fox B, Sweanor D, Ahern F. Advice on using over-the-counter nicotine replacement therapy- patch, gum, or lozenge- to quit smoking. Addictive Behaviors 32(2007) 2140-2150.

Some of these pieces of advice contradict some of the advice given on the product packaging (e.g. suggestion to combine NRTs and to continue use until confident of quitting). However, this advice is based on the latest research evidence and the clinical expertise of 16 experts on tobacco treatment.

You can read the full paper and a Spanish translation of the key points at:

<http://proyectovidanofume.org/publication.htm>