

WAYS TO QUIT SMOKING

YOUR QUIT JOURNEY STARTS TODAY.



How do people quit smoking?

Quitting tobacco is not easy. Most smokers try several times before they quit for good. Most people use more than one method to quit. The most common ways that people try to quit include:

- Cold turkey or giving up all cigarettes without medication or nicotine replacement therapy (NRT)
- Gradually cutting back or tapering down on cigarettes
- Replacing some or all regular cigarettes with “mild” cigarettes or e-cigarettes
- Using NRT, including patches, gum, or lozenges
- Getting help from healthcare providers, smoke-free web sites and apps, or telephone quit lines

What quit method is the most successful?

Two ways to increase your chances of quitting tobacco include getting coaching (behavioral counseling) AND using some type of quit smoking medication. Using them together can help even more! Quit smoking medications help with the physical nicotine cravings and healthcare providers or quit coaches can help identify smoking triggers and develop a quit plan to help you quit for good.

Quit smoking medications approved by the FDA can double your chances of quitting any tobacco or nicotine product. NRT gives you a dose of nicotine to help you through withdrawal symptoms and cravings. The most common forms of NRT are the patch, gum, and lozenge. Other quit-smoking medications such as Chantix (varenicline) and Zyban (bupropion) are pills you can take to help you quit. They don't provide nicotine but they can keep you from craving cigarettes and help you handle withdrawal symptoms.

What type of support is best for me?

Ninety percent of people try to quit on their own but only five to seven percent of them quit for good. Using quit-smoking medication and getting some sort of support give you the best odds of quitting. You can combine medication with any of these coaching and counseling supports:

- Group support: multiple sessions with a trained smoking cessation specialist
- One-on-one counseling: multiple sessions with a trained smoking cessation specialist
- Telephone support: phone sessions with a trained smoking cessation specialist
- Brief quit-smoking advice: a single session with a healthcare provider to arrange help
- Text messages: motivational messages sent to your cell phone to support your quit efforts
- Quit smoking websites: online support that can be combined with other quit-smoking methods

Can I use an e-cigarette to quit?

There is not enough proof that e-cigarettes can help people quit smoking. For adults who smoke, switching completely from cigarettes to e-cigarettes may reduce harm, but the final goal should be to stop using all nicotine products including e-cigarettes. People who smoke should talk to their doctor about proven methods to quit.



Reach out today, for all the help you need to stop smoking.

Call 1-800-Quit Now (1-800-784-8669)

Connect online at [QuitNowVirginia.org](https://www.QuitNowVirginia.org)

Text READY to 34191

