

TIPS to Help You Become & Remain Smoke-free

The more strategies you use to quit the use of tobacco, the higher your odds are of staying smoke-free.

Methods of quitting include:

Cold Turkey

- The upside to going cold turkey is that it involves only two steps – putting down the cigarettes and resolving to never take another puff.
- The downside is a success rate of only about 3-5 percent. If you have experienced difficulty in trying to quit in the past, studies show you should consider trying an alternative quit method, or a combination of several.

Prescription Medications

- Consider one of the FDA-approved medicines to help with your withdrawal. According to the Centers for Disease Control and Prevention (CDC), these can more than double your chances of quitting for good.
- Talk to your health care provider to see if one is right for you.

Over-The-Counter Nicotine Replacement Therapies

- Withdrawal cravings can actually intensify in the days after you quit.
- Nicotine replacements deliver controlled amounts of nicotine into the bloodstream at a slower pace

than do cigarettes, helping to relieve the desire to light up.

- Various over-the-counter nicotine replacement therapies, including Nicorette® gum, Nicoderm CQ® and Commit® Lozenge, are available for purchase at Baptist Health Pharmacies.

Group Treatment/Counseling

- Success rates for all methods of quitting smoking are shown to be higher when coupled with structured support. A weekly program of at least four to eight weeks in length that provides plenty of encouragement seems to work best.
- Smoking cessation programs are ongoing at Baptist Downtown, Baptist Beaches and Baptist South and Baptist Nassau.

Alternative therapies

- Although not scientifically proven effective, acupuncture, hypnosis and homeopathic remedies are helpful to some people in quitting.

