Learn about online information and support to assist you in your goal to success.

Idaho QUITNET offers:

- → Quitting guides that help you plan your quit attempt
- → A special quitting calendar that out lines the day-to-day steps for quitting smoking
- → A directory of quitting classes in your area
- → Information about medications that make quitting easier
- → Free over-the-counter NRT medications may be available
- Access to expert counselors who provide support throughout the quitting process
- Online chat rooms and forums where individuals trying to kick the habit share their struggles and successes and offer each other support
- → Quit tips and anniversary e-mails that offer long term support



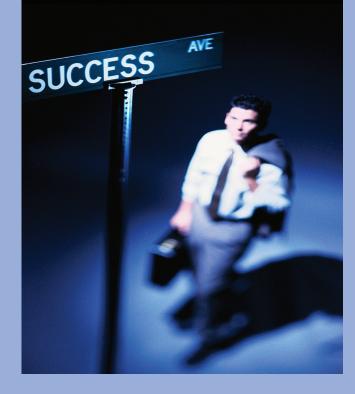
There are other medication options available to assist you in your goal to quit smoking. Talk with your health care provider for more information.

Panhandle Health District Offices

- Kootenai County Hayden Office
 8500 N. Atlas Road
 (208) 415-5200
- Benewah County
 St Maries Office
 137 N. 8th Street
 (208) 245-4556
- Bonner County Sandpoint Office 322 Marion (208) 265-6384
- Shoshone County Kellogg Office
 114 Riverside
 (208) 786-7474
- Boundary County Bonners Ferry Office 7402 Caribou (208) 267-5558

Over-the-Counter Nicotine Replacement Therapy

Options for Success



placement therapy help me in my goal to quit smoking?

The goal of nicotine replacement therapy (NRT) is to slowly taper the smoker off the nicotine in cigarettes by replacing it with another, controlled source. This reduces the motivation to smoke and nicotine withdrawal symptoms, thus easing the transition from cigarette smoking to complete abstinence.

Studies show that users of NRT are twice as likely to successfully quit smoking as those who do not use NRT.



Over-the-Counter Nicotine Replacement Therapy Options

Nicotine Patches

Patch with adhesive backing that contains nicotine which is absorbed through the skin. Patches come in various nicotine dosages. This method allows the user to achieve a near constant level of nicotine in their system. For this reason the patch must be worn all day, and cannot be put on and removed as a substitute for a cigarette.

Nicotine Gum

Nicotine polacrilex, or "gum" is a nicotine-containing compound that is designed to slowly release nicotine into the mouth when chewed and placed between the cheek and gums. Unlike smoke, which passes almost instantaneously into the blood through the lining of the lung, the nicotine in the gum takes several minutes to reach the brain. This makes the "hit" less intense with the gum than with a cigarette.

Nicotine Lozenge

The lozenge comes in the form of a hard candy, and releases nicotine as it slowly dissolves in the mouth. Studies show that the nicotine lozenge is as effective as other NRT's when used as directed. Like the nicotine gum, the nicotine lozenge delivers nicotine to the brain more quickly than the patch, making it easier to tailor dosage according to need.

(Sources: Idaho.quitnet.com and cancer.org)

Precautions:

Before using any NRTs, consult with your doctor. Of special concern include individuals who:

- → Are under 18 years of age
- → Are pregnant/breastfeeding
- → Smoke fewer than 10 cigarettes per day
- → Have heart disease or recent heart attack
- Have high blood pressure not controlled by medication
- → Have a stomach ulcer
- → Take insulin for diabetes
- → Take prescription medication for depression or asthma

Stop use and see your doctor if you have any symptoms of nicotine overdose such as nausea, vomiting, dizziness, weakness, and rapid heartbeat.

Warning

The FDA and the manufacturers warn very strongly against smoking while using the patch or gum as it could result in nicotine overdose. Remember as well that nicotine continues to enter the bloodstream for several hours after removing the patch, as it leaches through the skin, so smoking within 12 hours of removing the patch is strongly discouraged.