

| C U R R E N T M E T H O D S O F T R E A T M E N T | Methods | Prescription Needed | How It Works | Pros | Cons/Possible side effects |
|---|---|----------------------------|--|---|--|
| | Cold Turkey | No | Just stop using tobacco. | Instantly tobacco free. | Withdrawal symptoms |
| | Nicotine Patch* | No | Apply to skin every day. Nicotine is absorbed through the skin. Dosage varies depending on current tobacco consumption. | Easy to use. Automatically gives the correct dosages. | May disturb sleep and cause vivid dreams. May cause skin irritation. |
| | Nicotine Gum* | No | Nicotine is absorbed by chewing briefly and “parking” it between cheek and gums. Dosage may vary. | Easy to use. Satisfies oral habit. Can help in difficult moments. | May not like the taste. Can be addictive |
| | Nicotine Lozenge* | No | Nicotine is absorbed when the lozenge is placed in the mouth, occasionally moving it from side to side. | Easy to use. Satisfies oral habit. Can help in difficult moments. | Cannot eat or drink 15 minutes before or during use. May not like the taste. |
| | Nicotine Inhaler* | Yes | Nicotine is inhaled into the mouth through a cartridge. | Satisfies hand - to -mouth habit. | May cause throat or mouth irritation. |
| | Nicotine Spray* | Yes | Nicotine is absorbed through the nasal passages by spraying into each nostril and exhale through mouth. | Fastest delivery of nicotine. Reduces sudden cravings. | Initially may cause nose and sinus irritation. Do not use if you have asthma. |
| | Chantix* (Varenicline) | Yes | Medication provided by your physician. Taken orally. | Blocks the receptors in your brain that finds pleasure from tobacco. | Possible sleep disruption, gas and nausea. Talk to your doctor if you have kidney problems, are on kidney dialysis or have had a mental illness. |
| | Zyban or Wellbutrin* (Bupropion) | Yes | Medication provided by your physician. Taken orally. | Easy to use. May assist with mood swings associated with nicotine withdrawal. | Possible sleep disruption, dizziness and nausea. Do not take if using MAO inhibitors. Talk to doctor if you have kidney disease, bipolar disorder, liver disease, high blood pressure or an eating disorder. |
| | Telephone Counseling | No | Call the CT Quitline at 1-800-QUIT NOW. You are assigned a personal coach who will help develop a quit plan with you. You have the option of 1-5 counseling sessions with follow-up. | Free of charge. Available from 8 am to 3 am daily. Personalized one-on-one support. | Some people benefit more from a group setting. |

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| | Group Counseling | No | Met and receive information in a group setting. Class size, times and locations vary. Contact CT Quitline at 1-800-QUIT NOW for local programs. | Provides a support network. | Group sessions may not fulfill the need for individual attention. |
| | Individual Counseling | No | One-on-one counseling sessions. | Can link between tobacco use and personal issues. | May benefit from the support of a group. |
| | Online Counseling | No | Through your computer, provides self- directed counseling and worksheets to assist with your quit. BecomeanEX.com is a tobacco use cessation site providing information and support. | Can link with others trying to quit who are using the site. Available 24 hours a day. | Need to have a computer with internet connection. |
| | Hypnosis** | No | Provides positive suggestion that can alter a client's perception of craving or a desire to use tobacco | Relaxing. Can be used with other treatment methods. | May be a cost. Has not been proven as an effective method for treatment of tobacco use dependence and addiction. |
| | Acupuncture** | No | A Chinese technique of pain control by placing fine needles at different points on the body. | Alternative medicine. Can be used with other treatment methods. | May be a cost. Has not been proven as an effective method for treatment of tobacco use dependence and addiction. |

Updated 8/2009

*FDA approved medication for the treatment of tobacco use dependence and addiction.

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Note: Discuss all treatment options with your health care provider.