

# Quit Smoking Your Way: A Comparison of Methods

Quitting Smoking can be very difficult, but today, smokers have many choices. A wide variety of smoking cessation tools are available – more than ever before. With a little knowledge and planning, the quitting process can become a bit easier.

METHOD	ADVANTAGES	DISADVANTAGES
<p><b>COLD TURKEY</b> The most common and inexpensive way to quit smoking. Cost: \$0.</p>	With adequate planning (pick a day and make a plan), cold turkey has helped many to quit.	Withdrawal symptoms can be quite annoying. Essential support can be lacking. More often than not, quitting is done on a whim without enough planning.
<p><b>GRADUAL REDUCTION</b> A gradual reduction in nicotine dosage by cutting down the number of cigarettes smoked or switching to a lower nicotine cigarette as a quit day approaches—also known as nicotine fading. Cost: \$0</p>	Withdrawal symptoms tend to be less severe.	Some find it difficult to control the number of cigarettes smoked while reducing or fading. Without a written plan, it can be difficult to stay on course.
<b>**Call 1-800-220-1990 for your free 21-Day Personal Smoking Reduction Program**</b>		
<p><b>NICOTINE PATCH</b> An adhesive patch that delivers nicotine through the skin in different strengths. Cost: \$20-\$25/week.</p>	Easy to use. Only needs to be applied once a day. Can buy over the counter. Few side effects.	Slow onset of delivery. Some develop skin rashes. Sleep can be disrupted.
<p><b>NICOTINE GUM</b> A gum-like product that isn't chewed like regular gum, but parked so the nicotine can be absorbed through the lining of the mouth. Cost: \$40-\$50/week.</p>	Convenient. Flexible dosing. Faster delivery than the patch.	Can be difficult to use for those with dental/oral problems. Frequent use is necessary to maintain adequate nicotine levels.
<p><b>NICOTINE NASAL SPRAY</b> Prescription spray that delivers nicotine through the lining of the nose when you squirt it directly into each nostril. Cost: \$50/week.</p>	Flexible dosing. Can be used in response to stress or urges to smoke. Fastest delivery of nicotine among currently available products. Reduces cravings within minutes.	Nose and eye irritation is common, but usually disappears within one week. Frequent use during the day required to obtain adequate nicotine levels.
<p><b>NICOTINE INHALER</b> A prescription cartridge that delivers nicotine when you puff on it. Cost: \$90/week.</p>	Flexible dosing. Hand-to-mouth action mimics smoking. Few side effects. Faster delivery of nicotine than patches.	May cause throat or mouth irritation. Nicotine levels are difficult to maintain.
<p><b>NICOTINE LOZENGE</b> A form of nicotine that is absorbed in the mouth and throat, but not the lungs. Cost: \$40-\$50/week.</p>	Fast delivery. The user can control the dosage. Sold over the counter.	May cause throat irritation. May cause stomach upset.
<p><b>NON-NICOTINE MEDICATION</b> (Zyban) Prescription medication that acts on the brain chemistry to relieve nicotine cravings. Cost: \$15-\$20/week.</p>	Easy to use. Pill form. Few side effects. Can be used with the patch.	Should not be used by people with eating disorders, seizure disorders, pregnant or breast feeding women, or those taking certain other medications such as Wellbutrin, or other medicines containing bupropion hydrochloride.
<p>(Chantix) Prescription medication that contains no nicotine but targets the same brain receptors as nicotine and blocks them. Cigarettes become less pleasurable. Cost: \$40/week.</p>	Anecdotal accounts are positive.	May cause nausea, changes in dreaming, constipation, gas, vomiting, drowsiness, or impair mood or behavior. Drug interaction is common.
<p><b>ELECTRONIC CIGARETTE (E-Cigarette)</b> Consists of a battery, a heating element and a cartridge that contains a liquid suspension with nicotine.</p>	Tars and carbon monoxide are not present.	Can become addictive and clinical trials have not been conducted.
<p><b>GROUP PROGRAMS</b> Sessions that meet regularly and focus on helping you change your smoking behaviors. Cost: \$20-\$200/ 1-8 week program.</p>	Supportive and encouraging. Skill building opportunities. Chance of success more than doubles with group programs.	Meeting schedule may not be convenient. Group settings do not appeal to all people.

## Alternative Medicine

**ACUPUNCTURE** is an ancient Chinese therapy that involves stimulating specific anatomic points on the body. This process regulates energy flow in the body, and thus restores health. Typically an ear clip is used for cessation.

**HYPNOSIS** is a state of attentive and focused concentration that is induced by the use of "therapeutic suggestion." The hypnotic trance state resembles other forms of deep relaxation. Hypnosis works best with other methods including behavior modification techniques. Physicians or other medical professionals can make referrals.

