

## What are the benefits if I Quit Smoking?

- It may save your life!
- Quitting tobacco use may decrease your risk for serious health complications:
  - Chronic Obstructive Pulmonary Disease
  - Heart Disease
  - Stroke
  - Cancer
- Save money!
  - Reduce potential healthcare costs
  - The average cost of cigarettes in Wisconsin is over 5.00!
  - To calculate money saved:  
 $(\$5/\text{pack}) * (\# \text{ of packs/week}) * (52 \text{ weeks/year}) = \text{your annual savings}$
- Satisfy your own reasons!
  - Make a list of the reasons you desire to quit smoking
- Reduce side effects:
  - Cough
  - Wheezing
  - Unpleasant taste

## Where else can I find Support?

*Free Quit Lines*  
1-800-QUIT-NOW

### **Support Groups**

#### **Journey to Freedom:**

Gundersen Lutheran Relapse Prevention & Support Group (608-775-5442)



**Cass Street Pharmacy**  
*(at the corner of 6th and Cass Street)*  
**528 Cass Street**  
**La Crosse, WI 54601**  
**(608) 784-9922**

**HOURS: 9AM-6PM M-F • 9AM-1PM Sat**

*visit us on the web at*

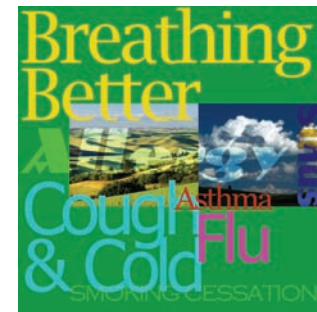
**[www.cassstpharmacy.com](http://www.cassstpharmacy.com)**

**MedPaks Division**

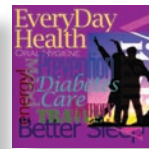
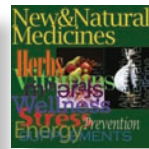
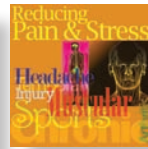
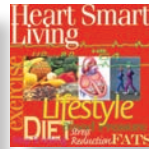
**Tel: (608) 793-1828**



## Information To Help You Quit Smoking



 **Cass Street Pharmacy**



## What products can I use to Help Me Quit?

### Over-The-Counter Products

#### Commit Lozenges

- Generic available
- Dose based on when you smoke your first cigarette in the morning:
  - 2 mg if you start smoking after 30 minutes from awakening
  - 4 mg if you start smoking less than 30 minutes from awakening

#### How to take:

- Place the lozenge in your mouth and allow it to dissolve (20-30 minutes)
- Occasionally shift the lozenge from one side of your mouth to the other
- As nicotine is released, you may feel a warm/tingling sensation
- Do not eat/drink for 15 minutes before using or during use

#### Stepwise dosing:

Weeks 1-6	Weeks 7-9	Weeks 10-12
1 lozenge Every 1-2 hours	1 lozenge Every 2-4 hours	1 lozenge Every 4-8 hours

- To avoid side effects (hiccups, heartburn, nausea, etc.), do not take one immediately after the other and do not exceed 20 per day

#### Nicotine Gum

- Generic available
- Comes in 6 flavors
- Dose based on how many cigarettes you smoke per day
  - 2 mg if fewer than 25 cigarettes per day
  - 4 mg if equal to or greater than 25 cigarettes per day

#### How to take:

- Chew each piece slowly several times
- Stop chewing when you notice a peppery taste (~1 min.)
- Move piece between your gums and cheek

- When peppery taste is gone, slowly chew gum until returns
- Move piece to a different location between your gums and cheek
- Repeat steps until flavor is gone (~30 minutes later)

#### Stepwise dosing: (similar to lozenge)

Weeks 1-6	Weeks 7-9	Weeks 10-12
1 lozenge Every 1-2 hours	1 lozenge Every 2-4 hours	1 lozenge Every 4-8 hours

Do not exceed more than 24 pieces per day to avoid side effects (similar to lozenge)!

#### Nicoderm CQ

- Generic available

#### How to use:

- Place patch on clean, non-hairy area of the skin (such as upper arm)
- Hold patch firmly on skin for at least 10 seconds
- Remove at bedtime and replace in the morning
- Wash hands before and after removal/ placement
- Rotate placement sites to avoid irritation
- Dosing based on how many cigarettes you smoke per day
  - 10 week therapy recommended if you smoke more than 10 cigarettes per day
  - 8 week therapy recommended if you smoke 10 or less cigarettes per day

#### Stepwise dosing:

	Weeks 1-6	Weeks 7-9	Weeks 10-12
<b>10 Week Therapy</b>	21 mg patch Daily	14 mg patch Daily	7 mg patch Daily
<b>8 Week Therapy</b>	14 mg patch Daily	7 mg patch Daily	-----

If you experience redness/irritation at patch site that does not go away, speak with your pharmacist or doctor.

\*These products should not be used in conjunction with smoking\*\*

### Prescription Only Medications

#### Chantix

- A tablet that does not contain nicotine
- Works by blocking nicotine's action in the brain
- Recommended as a 12 week therapy, but always take as directed by physician

#### How to take:

- Usually begin with Starting Month PAK
- 0.5 mg daily for 3 days
- 0.5 mg twice daily on days 4-7
- 1 mg twice daily for the rest of the month
- 1 mg twice daily for weeks 5-12
- Take after meals with a full glass of water
- Choose a quit date during second week of therapy
- May experience side effects, such as agitation, increased suicide risk, nausea, unusual dreams

#### Zyban

- Generic available (bupropion SR)
- Does not contain nicotine (exact mechanism of action unknown)

#### How to take:

- Take as directed by physician
- Usually dosed 150 mg twice daily, with or without food
- Choose a target quit date during second week of treatment
- Treatment recommended for 7-12 weeks
- May experience side effects, such as anxiety, increased suicide risk, trouble sleeping, etc.
- Not recommended for people with eating disorders or history of seizures