

Tobacco Cessation **THERAPY**

Congratulations! You have decided to do the single best thing for your overall health -to quit tobacco products. But now what?

To some, the toughest part of quitting is dealing with nicotine withdrawal and changing behavioral habits. Nicotine replacement products can help you overcome the physical need for nicotine by gradually weaning off of it. Behavioral therapy can help you overcome daily habits associated with tobacco and can provide a support system to help you stick with it.

Individuals have different tobacco patterns. Below are a few therapy options. No matter which option you choose, **1-800-Quit-Now (1-800-784-8669)** and <https://smokefree.gov> are great resources for support.

COUNSELING

Counseling can help you problem solve and become aware of why and when you use tobacco products, as well as why you decided to quit. Paired with nicotine replacement therapy, counseling can be very effective, with success rates of 40-45%.

What are the different types of counseling available?

Telephone counseling: Telephone counseling programs employ specialists who help plan a quit method that fits each person's unique tobacco pattern.

Quit Line: **1-800-Quit-Now (1-800-784-8669)**.

Fresh Start (Sponsored the American Cancer Society): A **FREE**, one hour per week, four-week tobacco cessation program offered at various St. Elizabeth Healthcare locations. This program helps you create an individualized quit program by trained facilitators.

For more information or to register call **(859) 301-5570**.

One-on-one with a tobacco cessation educator: This option may work for individuals who prefers an intimate and more personalized setting. An educator can give good advice on ways to quit and support you while you are trying to quit. To speak to a tobacco cessation educator call **(859)301-9355**.

MEDICATION THERAPY

Talk to your physician about nicotine replacement therapy and other prescription medications available.

ACUPUNCTURE

Acupuncture needles are hair thin. They are superficially inserted into various points in the ears and body to help balance brain chemicals so that you do not crave nicotine. Acupuncturists are trained to address nicotine addiction.

HYPNOSIS

Hypnosis is defined as an altered state of awareness in which you appear to be asleep or in a trance. Clinical hypnosis may be used to treat addiction problems such as tobacco dependence.

“COLD TURKEY”

Quitting “cold turkey” comes down to changing behavioral habits and your force of will.

TAPER

If you decide to taper, you are likely to experience fewer withdrawal symptoms. There is no superior taper regime. Generally, if you cut back over several weeks you should be able to gradually wean off of nicotine. As your body adapts to having less, you will experience the urge to smoke less often. Eventually, you can completely stop supplying your body with nicotine.

Please contact your primary care physician if you have additional questions or would like to further discuss your options.