

You already know that quitting tobacco is hard and you probably know why it's so important for your health to do so, no matter how long you have been using tobacco. Counseling combined with medication makes it even more likely than using medication alone that you can quit smoking and stay away from tobacco for good. Counseling comes in many forms including in-person counseling, telephone quitline counseling, support group counseling, and counseling by enlisting the help of your family and friends.

There are multiple medications available to help you quit smoking and the use of a medication has been shown to double your chance of successfully quitting. There are seven medications approved by the FDA (Food & Drug Administration), some of which are available over-the-counter at your local pharmacy and some of which require a prescription from your doctor. Be sure to talk to your doctor and ask about resources available to you.

Over-the-Counter Medications

- Nicotine gum
- Nicotine patches
- Nicotine lozenges

Medications Requiring a Prescription

- Nicotine inhalers
- Nicotine nasal sprays
- Zyban (bupropion) - an antidepressant pill
- Chantix (varenicline) - a pill that blocks the effects of nicotine in the brain

OTHER RESOURCES

Unite Georgia Tobacco Quit Line

1-877-270-STOP

Free call and counseling and two weeks of nicotine patches and gum

American Cancer Society

1-800-227-2345

<http://www.cancer.org/cancer/news/features/how-to-quit-smoking>

Free smartphone app for iPhone and Android

Centers for Disease Control

http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm

American Lung Association

1-800-586-4872

<http://www.lung.org/stop-smoking/i-want-to-quit/>

C. Alexander Ashford, MD | S. Elizabeth Ashford, MD

o: 706.248.6860 | c: 706.247.0004 | f: 706.248.6142 | e: alex@ashfordclinic.com | e: beth@ashfordclinic.com

1000 Hawthorne Ave. Suite T, Athens, GA 30606 | www.ashfordclinic.com