

Medication to Help you Quit

Your chances of successfully quitting tobacco are tripled if you use medicine *and* receive counseling. These medicines can help manage cravings and nicotine withdrawal:

- Nicotine Patch
- Nicotine Gum
- Nicotine Lozenge
- Bupropion (Zyban/Wellbutrin)
- Chantix (Varenicline)

The nicotine patch, gum, and lozenge are prescribed at the strength that closely matches the amount of tobacco you use. The strength is gradually reduced over a few months while you learn new healthy ways to deal with the desire to use tobacco.

Ask your primary care provider to help choose the medicine that best meets your needs.

TREATMENT OPTIONS

- Contact your primary care provider for help with quitting tobacco.
- Ask your primary care provider to refer you to our Health Behavior Coordinator for tobacco cessation counseling.
- Visit www.ucanquit2.org and sign into the Veteran site.



- Call 1-800-QUIT-NOW.



Have you thought about quitting tobacco use?



You don't have to do it alone!

Oscar G. Johnson VAMC
325 East H Street
Iron Mountain, MI 49801
1-906-774-3300
or
1-800-215-8262

RISKS OF TOBACCO USE

Quitting tobacco is the best thing you can do for your health!

“Cigarette smoking is the leading cause of preventable disease and death in the United States.”

- 2004 Surgeon General’s Report

Tobacco Risks:

- Harms every major organ of the body.
- Causes 75% of lung cancer deaths.
- Causes most cancers of the voice box, mouth, esophagus, and bladder.
- Is a major cause of problems with sexual function.
- Causes cataracts and glaucoma.
- Causes emphysema, bronchitis, heart disease, high blood pressure, and stroke.
- Causes thinning of the bones.
- Early death—half of all tobacco users die early.

BENEFITS OF QUITTING



- No matter how long you have used tobacco, your health will improve.
- Within 20 minutes, your blood pressure will lower, your pulse will be more normal, and your hands and feet will feel warmer.
- Within 8 hours, you will have more oxygen.
- After 24 hours, you begin to lower your risk of heart attack.
- After 2 weeks, your lung function improves. You will cough less and breathe easier.
- After 3 years, your risk of heart disease will be almost the same as someone who never used tobacco.
- Your sense of taste and smell returns.
- You can do more activities with less effort: walk, climb stairs, etc....

TIPS on HOW to QUIT

- Develop your list of reasons to quit.
- Gain the support of family and friends.
- Learn your triggers—triggers can be emotional or behavioral.
- Learn to manage cravings.
- Learn to manage stress without using tobacco.
- Learn what to do when others around you use tobacco.
- Learn to take one day at a time.
- Reward yourself for successful steps taken.
- Enjoy the benefits for the rest of your life!

