

Quitting Commercial Tobacco

CESSATION MEDICATION: IS IT THE RIGHT CHOICE FOR YOU?

CESSATION MEDICATIONS HELP WITH QUITTING
BY
BLOCKING NICOTINE CRAVINGS
REDUCING WITHDRAWAL SYMPTOMS

FDA Approved Medications

Non-Nicotine Prescription

Zyban

Chantix

Nicotine Replacement Therapy (NRT)

Patches

Gum

Lozenges

Inhalers



- Helps decrease nicotine cravings and lessen withdrawal symptoms.
- Cannot be used by anyone who has: a history of seizure, severe head trauma, eating disorder, or alcohol use disorder.
- Side effects may include insomnia, dry mouth, and dizziness, mood and behavior changes.

- Makes cigarettes and vaping less enjoyable by acting at sites in the brain affected by nicotine and reducing the rewarding effects.
- Intended for short-term use only, and not intended to be used for people under the age of 16.
- Side effects may include headaches, nausea, trouble sleeping, and agitation.

- Helps reduce feelings of discomfort when quitting smoking and vaping.
- Delivers small amounts of nicotine without the harmful chemicals that cigarette smoke and vape products contain
- Side effects vary by type of NRT.

Note: The effectiveness of quitting methods can vary from person to person. If you choose to use medications or NRT a healthcare provider or commercial tobacco support specialist will talk to you about your medical history and preferences on how to support your cessation journey.

How to Access Cessation Medication

State Tobacco Quitlines

Many state quitlines offer free cessation medications or provide tobacco users with vouchers or discounts to receive these medications at a reduced cost.

1-800-QUIT-NOW

Text QUITNOW to 333888

(Available in Any Location)

IHS Clinics

IHS patients may be referred to Tobacco Cessation Clinics by any provider (e.g. nurse, pharmacist, dental hygienist, physician, etc.) who assesses the patient's desire to quit commercial tobacco use. A tobacco cessation specialist will assess the needs of the patient and provide the appropriate prescription and assist in other cessation efforts

American Indian Commercial Tobacco Program (AICTP)

The AICTP provides culturally tailored counseling services and information on how you can access cessation medications.

- **65% of participants in the culturally tailored program used NRT to help quit.**
- **38% of participants in the program successfully quit smoking!**

Primary Care Physician

Check with your health insurance provider to understand what smoking cessation medications are covered under your plan. Some insurance plans cover these medications as part of their preventive care services.

Medicare - Over-the-counter medication treatments for smoking cessation, such as nicotine patches and gum, are not covered by Medicare. However, your plan may cover certain prescription medication for smoking cessation.

Medicaid coverage in some states includes tobacco cessation treatments

For a full list of state coverage please see <https://www.cdc.gov/statesystem/factsheets/medicaid/Cessation.html>



aiquitline.com

Call the number or visit the website listed above or Scan the QR code below, to begin your quit journey with American Indian coaches dedicated to helping you succeed in quitting commercial tobacco.

(Available in AZ, CO, ID, IA, KS, ME, MA, MI, MN, MT, NE, NV, ND, PA, RI, UT, VT, WY)



KeepItSacred.org

