



An estimated 46 million adults in the United States currently smoke, and approximately half will die prematurely from smoking.²

The Great American Smokeout

This year the 36th Annual Great American Smokeout will be taking place on Thursday, November 17th. The American Cancer Society uses this day to encourage smokers to kick the unhealthy, costly habit of smoking.¹ Devising a plan and setting personal goals will allow individuals to take the necessary steps to quit smoking and reducing the risk of serious side effects caused by tobacco products. It has been shown that lung cancer is the leading cause of cancer death for men and women and more than 80% of lung cancers are thought to result from smoking.² Nicotine is the natural drug found in tobacco that causes Americans to become dependent and addicted to cigarettes.³ Quitting is not easy, and studies have shown that smokers must deal with both the physical and mental dependence of tobacco to quit and stay quit.³ Become part of the Great American Smokeout on November 17th and open the door to being smoke free!

Stopping any addictive habit “cold turkey” is extremely hard for many individuals. Here are some alternative methods that may help you kick cigarettes to the curb. The Food and Drug Administration (FDA) has approved 5 types of nicotine replacement therapy:

- 1.** Nicotine patches give a measured dose of nicotine through the skin, slowly weaning an individual off nicotine by switching to lower doses over an extended period of time.³
- 2.** Nicotine gum is a fast-acting form of replacement in which nicotine is taken in through the mucous membrane of the mouth.³ You can buy this product over the counter without a prescription in either 2 mg or 4 mg strengths.³
- 3.** Nicotine nasal spray delivers nicotine into the bloodstream extremely quick due to the fact it is absorbed through the nose. The spray is easy to use and provides fast results; however you must only use it as long as needed, which is prescribed by your doctor.³
- 4.** Nicotine inhalers provide nicotine vapor to the mouth through cartridges located inside the inhaler. This method of replacement is only available by prescription.³
- 5.** Nicotine lozenges can be purchased over the counter and work similar to nicotine gum. Two different strengths are available, depending on how quickly you crave a cigarette when you first wake up in the morning.

References:

1. American Cancer Society (2011). Great American Smokeout. <http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/index>
2. American Cancer Society (2011). History of the Great American Smokeout. September 28, 2011. <http://www.cancer.org/Healthy/StayAwayfromTobacco/GreatAmericanSmokeout/history-of-the-great-american-smokeout>
3. American Cancer Society (2011). Guide to Quit Smoking: What are the Types of Nicotine Replacement Therapy? <http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/guide-to-quitting-smoking-types-of-nrt>