



Learn How to Boost Your Chance of Success with Quitting Smoking

Description

Quitting smoking is difficult, but smoking cessation aids can increase your chances of success.



Do you want to quit smoking? Several quit-smoking solutions certified by the United States Food and Drug Administration (FDA) will help you quit smoking for good.

Using quit-smoking aids can significantly improve your chances of success. Without a quit-smoking product, only approximately 5% of persons who try to quit smoking succeed. However, many more people succeed when they use one.

When you combine counseling with one or more quit-smoking solutions, your chances of success increase even more.

There are two types of quit-smoking products:

Nicotine replacement therapy. Patches, gum, lozenges, spray, and inhalers are all options. Although

some are available without a prescription, it is best to consult with your doctor before attempting to use them.

Medications. Prescriptions are available for two drugs that do not include nicotine.

Any of these products can help minimize nicotine cravings and withdrawal symptoms, increasing your chances of quitting smoking for good.

Electronic cigarettes (e-cigarettes) have gained popularity as an alternate method of quitting smoking. However, e-cigarettes are not an FDA-approved smoking cessation product. In addition, they are not as safe as nicotine replacement therapy. They are also not more successful in assisting people in stopping. Many people who try to quit smoking with e-cigarettes wind up using both products rather than quitting.

Overview

The nicotine patch is a thin, self-adhesive patch that slowly and steadily distributes nicotine into your body via your skin. Every day, you put on a new nicotine patch on a hairless area of skin between your waist and neck, such as your upper arm or chest.

The nicotine patch has several advantages.

- Is accessible without a prescription in a variety of doses.
- It is simple to utilize
- Can suppress nicotine cravings and withdrawal symptoms for up to 24 hours.
- It can be used in conjunction with other smoking cessation aids.

Cons

Nicotine patches:

If you have sudden cravings or withdrawal symptoms, you won't be able to modify the amount of nicotine you receive immediately.

It may cause skin itching, rash, or irritation wherever it is applied. It may also produce insomnia or vivid dreams.

Every 24 hours, it must be replaced.

- Nicotine chewing gum
- Nicotine chew in a blister pack
- Display a pop-up dialog box
- Nicotine chewing gum

Overview

Nicotine gum contains a trace of nicotine. When you use the gum as directed, nicotine enters your body via absorption via the lining of your mouth.

When you initially begin taking nicotine gum, you can consume one piece every one to two hours, up to 24 pieces per day.

To make nicotine gum operate properly, you must use a precise biting technique:

Bite a piece of gum until it has a peppery taste or you detect a tingly sensation in your mouth to release the nicotine.

Hold the gum between your gumline and cheek until the flavor or tingly feeling disappears to allow the nicotine to absorb.

Bite and hold again to release more nicotine.

Repeat the cycle for approximately 30 minutes. The gum should then be discarded because all of the nicotine has been used.

Advantages of nicotine gum:

Is available in two strengths without a prescription.

- It can help with nicotine cravings and withdrawal symptoms.
- It can be used in conjunction with other smoking cessation aids.
- Cons
- Nicotine chewing gum:

To reduce cravings or withdrawal symptoms, it must be used repeatedly throughout the day.

This medication may induce tongue discomfort, jaw soreness, heartburn, hiccups, or nausea.

In addition, it may adhere to or harm dental appliances.

Lozenge containing nicotine

Nicotine lozenges in a blister pack

Display a pop-up dialog box

Lozenge containing nicotine

Overview

Nicotine lozenges are nicotine-containing pills that contain a small amount of nicotine. You suck a lozenge slowly between your gumline and cheek, enabling it to disintegrate. Nicotine enters your bloodstream after being absorbed through the mouth lining.

Nicotine lozenges have several advantages.

- Are not required to have a prescription.
- It can help with nicotine cravings and withdrawal symptoms.
- They are available in the form of mini-lozenges that deliver nicotine more quickly.
- Do not necessitate chewing and do not rely on dental appliances
- It can be used in conjunction with other smoking cessation aids.
- Cons
- Lozenges containing nicotine:

To reduce cravings or withdrawal symptoms, it must be used repeatedly throughout the day.

This medication may induce tongue irritation, hiccups, heartburn, or nausea.

Inhaler for Nicotine

Inhaler and cartridges for nicotine

Display a pop-up dialog box

Inhaler for Nicotine

Overview

A nicotine inhaler is a device that delivers a small dosage of nicotine to the user. Puffing on the nicotine inhaler causes nicotine vapor from a cartridge inside the device. Nicotine enters your bloodstream after being absorbed by your mouth and throat lining.

Advantages of using a nicotine inhaler:

- It can help with nicotine cravings and withdrawal symptoms.
- Allows you to adjust the amount of nicotine you receive. Keeps your hands occupied.
- It can be used in conjunction with other smoking cessation aids.
- Cons
- The inhaler of nicotine:

Is only available with a prescription.

- To reduce cravings or withdrawal symptoms, it must be used repeatedly throughout the day.
- It may irritate your mouth or throat.
- If you have a breathing condition such as asthma, this may not be the best option.

- A nasal spray containing nicotine
- A nasal spray containing nicotine
- Display a pop-up dialog box
- A nasal spray containing nicotine

Overview

The nicotine nasal spray sprays a nicotine-containing fluid into your nostrils. Nicotine enters your body by being absorbed through the nose lining. The suggested dose is one to two sprays in each nostril once or twice an hour.

Advantages of nicotine nasal spray:

- It can help with nicotine cravings and withdrawal symptoms.
- Works more quickly than other nicotine replacement solutions.
- Allows you to regulate the amount by using the spray as needed throughout the day. It can be used in conjunction with other smoking cessation aids.
- Cons
- A nasal spray containing nicotine:

Is only available with a prescription.

- To reduce cravings or withdrawal symptoms, it must be used repeatedly throughout the day.
- Nasal and throat irritation, rhinitis, sneezing, coughing, or watery eyes may occur.
- If you have a nose or sinus disease, this may not be the best option for you.
- Bupropion\Overview
- Bupropion is a prescription drug that is categorized as an antidepressant. To help individuals quit smoking, an extended-release version of bupropion has been approved.

Bupropion is believed to reduce tobacco cravings and withdrawal symptoms by raising the amounts of specific brain chemicals.

Bupropion takes many days to reach effective levels in the blood. So, typically, it would help if you began taking bupropion a week or two before quitting smoking.

Pros\Bupropion:

- Because it is a pill, it is relatively simple to use.
- It can be used in conjunction with other smoking cessation aids.
- It May help minimize the weight gain that many ex-smokers suffer after stopping smoking.
- Cons\Bupropion:

Is only available with a prescription.

- It is necessary to take it twice a day.

- This medication may induce dry mouth, headaches, or insomnia.
- It is not suggested if you have seizures. However, it may produce changes in mood or behavior, which should be reported immediately to your doctor.
- Varenicline

Overview

Varenicline is a prescription medicine that can help regulate nicotine withdrawal symptoms and lessen tobacco cravings. But, unfortunately, it also inhibits nicotine receptors in the brain, reducing the pleasant effects of smoking.

Varenicline takes many days to achieve effective levels in the blood. So, typically, it would help if you began taking varenicline a week or two before quitting smoking.

Pros\Cons Varenicline:

- Because it is a pill, it is relatively simple to use.
- It can be used in conjunction with other smoking cessation aids.
- Cons\ Varenicline:

Is only available with a prescription.

- It is necessary to take it twice a day.
- This medication may produce nausea, sleeplessness, and vivid or odd nightmares.
- Changes in mood or behavior should be reported to your doctor right once. Need more support quitting smoking?

The most effective technique to quit smoking for good is to combine a quit-smoking product with a program that includes help from professionals qualified to treat tobacco dependence. For example, consider joining a local quit-smoking support group or beginning in-person or telephone counseling.

Category

1. Lifestyle

Date Created

December 2021

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