



# Helping you kick the habit

Nicotine replacement therapy (NRT) helps lessen your urge to smoke by reducing the craving for the drug nicotine when you stop smoking. Types of NRT include the nicotine patch, gum, nasal spray and inhaler. Alternative therapies include new "wonder pills" Zyban and Champix



■ **Patch:** Provides steady, continuous stream of the drug. Patches come in varying strengths to wean smokers over an 8- to 10-week period

**Success rate:**



■ **Inhaler:** Take a drag from this cigarette-shaped device to inhale nicotine-infused vapours. Users puff six to 16 cartridges a day for up to six

months. Good for those hooked on hand-to-mouth routines ★★★★★

■ **Wonder pills – Zyban:** Prescription drug **bupropion** increases production of **dopamine** – neurochemical that drops in people who quit smoking. Smokers typically take two pills a day for 8 to 12 weeks and try to quit completely after the first week.

**Champix: Varenicline** works on "pleasure centre"

of brain, relieving cravings and other withdrawal symptoms. Tests show 44% of patients using Champix give up smoking within three months ★★★★★

■ **Gum:** Treatment starts at nine pieces daily and decreases in strength and frequency over 12 weeks.

Best for people who put on the pounds when they put down the smokes



■ **Nasal spray:** Provides instant relief from cravings, but only available by prescription. Can be used up to five times per hour, for up to 6 months. Side effects can include runny nose, sneezing, and cough ★★★★★

