



# WHY QUIT?

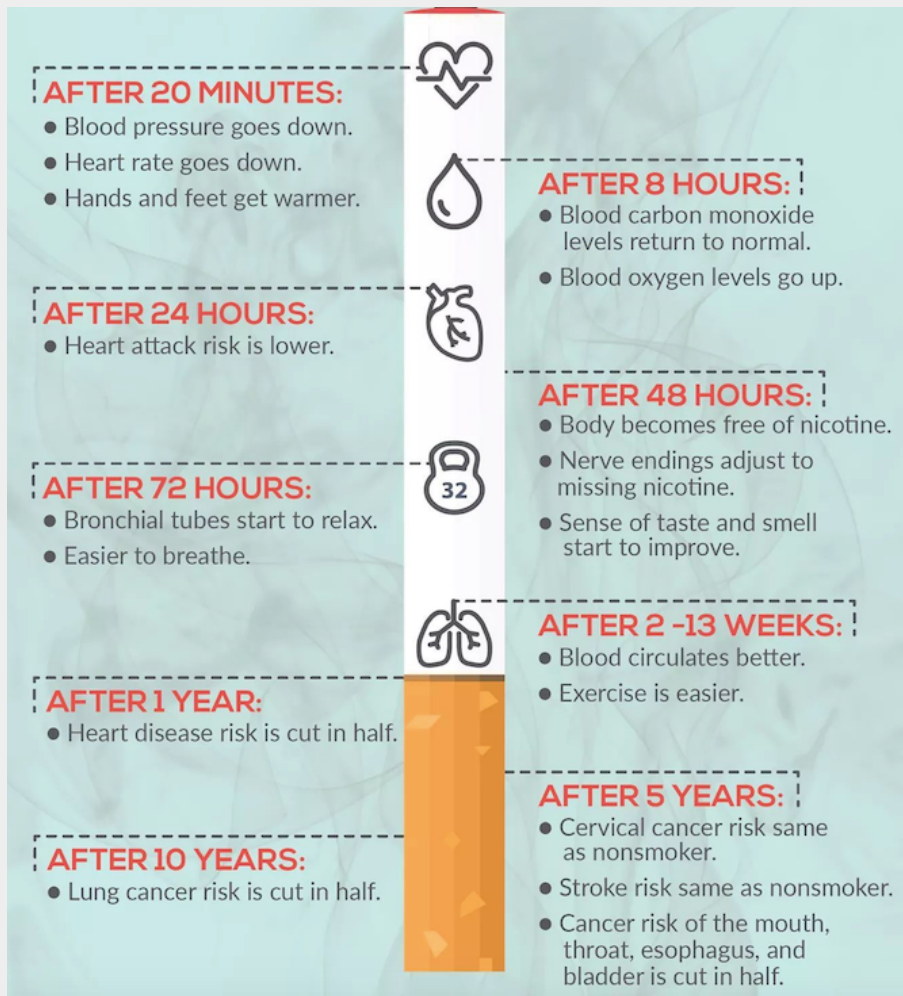
## WHEN YOU QUIT:

### RISK ASSOCIATED WITH SMOKING:

- Chance of heart attack is six times more likely in women and three times more likely in men
- A 50% higher likelihood of having a stroke
- Higher chance of having lung, bladder, pancreas, and esophageal cancer
- Higher chance of having COPD and asthma

### BENEFITS AFTER QUITTING:

- Decrease risk of heart attack or stroke
- Decrease risk of lung disease
- More savings in the long run since you don't have to buy cigarettes every day
- Less chance of getting sick
- Able to provide a healthier lifestyle for your family
- Have more energy



What Happens to Your Body When You Quit Smoking? Webmd <https://www.webmd.com/smoking-cessation/what-happens-body-quit-smoking#3>.

# YOU

*are never alone.*

### WHAT YOUR GATEWAY PHARMACIST CAN DO FOR YOU:

1. Provide medications to help with the process and reduce withdrawal effects
2. Provide behavioral therapy
3. Provide counseling and address any concerns along the way
4. Help you overcome challenges that may prevent you from reaching the quit date



**GATEWAY  
PHARMACY**

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# TREATMENT OPTIONS:

- Nicotine Replacement Therapy Medications •

## NICOTINE GUM

### Benefits:

- Short acting
- Contains various flavors
- Can be used whenever craving returns

### Important considerations:

- Chew gum until nicotine taste appears, then "park" between cheek and gum
- Avoid acidic beverages before and during gum use
- May try other alternatives if patient has dentures



## NICOTINE LOZENGE

### Benefits:

- Easier to use compared to gum
- Does not need to be chewed
- Can be used in patients with dentures

### Important considerations:

- Place lozenge in mouth and allow it to dissolve over 30 minutes



## NICOTINE PATCH

### Benefits:

- Long acting (24 hours) and slow-onset
- Often used with short acting nicotine replacement therapy (gum, lozenge)
- Good alternative to be used at work

### Important considerations:

- Apply to non-hairy skin site and rotate site daily
- Remove and replace patch at bedtime if overnight side effects don't occur
- Gum or lozenge may be needed in the morning when craving returns



## NICOTINE INHALER

### Benefits:

- Has behavioral aspects of a cigarette (ie, having cigarette between one's fingers)

### Important considerations:

- May not be suited for patients with a history of airway reactivity due to irritation of the mouth or throat
- Rx ONLY



## NICOTINE NASAL SPRAY

### Benefits:

- Peak levels reached after 10 minutes
- Mimics nicotine concentration achieved through smoking

### Important considerations:

- Nasal and throat irritation are common side effects
- May be less tolerable due to inhaling nicotine into nasal mucosa
- Rx ONLY



If you have any questions, please contact us at:

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