



Of the current American Indian Smokers in Minnesota...
Nearly 2/3 want to Quit Smoking but don't know where to start.

Quit Connections *your path to*

commercial tobacco cessation

PATCHES, GUM OR LOZENGES

Available over the counter



- Double your chances of quitting
- Provides a small amount of nicotine to help reduce cravings

COUNSELING & SUPPORT

- Telephone counseling
- Internet-based Programs
- Individual or Group Counseling
- Counseling + Medication is more effective than any one method alone



BUPROPRION (ZYBAN, WELLBUTRIN) OR VARENICLINE (CHANTIX)

Prescription only



- Reduce nicotine withdrawal symptoms and tobacco cravings
- Bupropion can be combined with a patch
- Do not contain nicotine and are not addictive

NASAL SPRAY OR INHALER

Prescription only



- Reduces tobacco cravings
- Nicotine nasal spray = medication that you spray into your nostrils
- Nicotine inhaler = medication that you hold to your mouth and inhale to combat cravings

COMBINATION OPTIONS

Increase your chances of quitting



Patch

- + Bupropion =
- + Gum =
- + Lozenge =
- + Inhaler =

TAKE ACTION!

Talk to your doctor or cessation counselor about what cessation option works best for you.

For cessation options and support, Join Quit Connections on Facebook.



American Indian Cancer Foundation.