

Improve your odds of quitting tobacco



When used correctly, nicotine replacement therapies (NRTs) can help you quit tobacco. They replace the nicotine you would receive from cigarettes, dip and other tobacco products without the harmful ingredients that threaten your health. NRTs come in many forms including the nicotine patch, gum and lozenges.

The patch

Nicotine patches are worn on the body much like a bandage. They release a steady amount through your skin which then travels through your bloodstream to your brain. Patches are worn all day to provide a constant supply of nicotine to keep withdrawal symptoms at bay; it is considered a long-acting NRT.

The gum

Nicotine gum quickly supplies the body with enough nicotine to prevent or reduce withdrawal symptoms during cravings, but you don't chew it like regular gum. You park the gum inside your cheek to allow the nicotine to be absorbed by the lining of your mouth and into your bloodstream.

Lozenges

Nicotine lozenges work similar to the gum as the nicotine is absorbed through the lining of the mouth and then into your bloodstream. Rather than parking it between your cheek and gum, you suck on a lozenge much like you would a mint or hard candy.

A word on e-cigs

They may be marketed as tools to help quit smoking, but they are not. E-cigs are not approved as NRTs and their potential health effects are not well-studied at this time

How Nicotine Replacement Therapy Can Help You

- Replace nicotine from tobacco products without the tar and cancer-causing chemicals
- Let you taper your nicotine in measured increments
- May alleviate many of the physical withdrawal symptoms associated with quitting
- Allow you to concentrate on changing the behaviors that accompany your tobacco use
- May double your likelihood of quitting!

Talk to your doctor for help determining which NRT is right for you. Additionally, your doctor may discuss prescription tobacco cessation options such as medications, nicotine inhaler and nasal spray. Keep in mind, NRTs and tobacco cessation medications are just one part of quitting. You'll still have to learn to change your behaviors associated with tobacco use to successfully quit and stay quit.



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