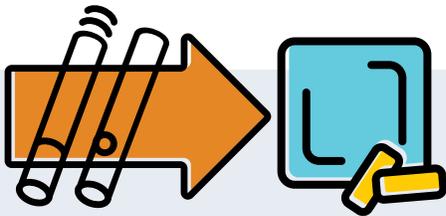




# NICOTINE REPLACEMENT THERAPY & CESSATION RESOURCES

Quitting tobacco is one of the most important steps someone can take to improve their health. Quitting tobacco:

- **Enhances quality of life**
- **Lowers risk of cardiovascular diseases**
- **Lowers risk of chronic obstructive pulmonary disease (COPD)**
- **Reduces the risk of premature death and can add up to 10 years to life expectancy**



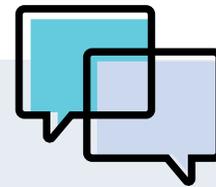
## Nicotine Replacement Therapy (NRT)

NRT works by replacing some of the nicotine an individual gets from cigarettes so they are not uncomfortable during the quitting process. NRTs supply nicotine without the hundreds of harmful chemicals that cigarettes contain.

**Nicotine patches, gum, or lozenges are the most common forms of NRT.** The patch helps individuals to get a steady level of nicotine to reduce cravings & withdrawal symptoms. Lozenges or gum can help fight cravings more quickly.

**Varenicline is a pill-form tobacco cessation treatment.** Varenicline does not contain nicotine, but instead works by attaching to the same parts of the brain that are stimulated by nicotine. Varenicline gives an individual the strongest chance for success of any single medicine.

**Bupropion is a pill-form tobacco cessation aid** that decreases cravings and other nicotine withdrawal symptoms.



## The Nevada Tobacco Quitline

Call the Nevada Tobacco Quitline at  
**1-800-QUIT-NOW**  
(1-800-784-8669)  
or text **QUITNOW to 333888**

The Nevada Tobacco Quitline can help individuals receive tobacco cessation medicines through community programs. Quitline services are available in every language. Quitline services are

**FREE and CONFIDENTIAL.**

### Get free coaching

Talking with a quit coach or a healthcare professional can help with selecting the right course of action to quit tobacco.

**Access tobacco cessation treatment for free/reduced costs** - Most health insurance plans cover FDA-approved tobacco cessation medicines, including over-the-counter aids.