



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.