

Download Cease Smoking Easy Therapies Medical Treatments To Quit Smoking

Complementary therapies can be part of a comprehensive tobacco cessation treatment plan that includes behavioral modifications, and may include pharmaceuticals to decrease cravings, group therapy, or counseling. This issue of the digest highlights the evidence of several complementary health approaches for smoking cessation. First-line medications for smoking cessation are nicotine replacement therapies (NRTs) such as nicotine gum, nicotine inhaler, nicotine lozenge, nicotine nasal spray, nicotine patch, and two nonnicotine medications: varenicline and bupropion sustained-release tablets. Why is it so hard to quit smoking? It is hard to quit smoking because the nicotine in cigarettes, cigars, and other tobacco products gets you hooked and keeps you hooked. Most people try as many as three times to quit before they are able to do so. Look at quitting smoking as a process instead of a one-time event. The idea behind nicotine replacement treatment is to help smokers endure the nicotine withdrawal that accompanies any effort to stop smoking. Finally, the use of certain types of pharmacotherapy for smoking cessation has included the drug clonidine and silver acetate.