Tips to Quit Tobacco Q&A

• **Q:** I plan to quit tobacco soon. Is there a better time to quit tobacco than others?
  • **A:** It is best to consider quitting tobacco when you know you do not have a stressful situation coming up or when you won’t be extremely busy. For example, quitting tobacco around the holiday season might be tough because of the parties and general stress of the season. When you go to quit you may want to consider avoiding certain situations that may trigger you like certain restaurants or people.

• **Q:** I tried quitting cold turkey, but I need more assistance. Are Nicotine Replacement Therapies or prescription drugs better?
  • **A:** Ultimately you want to speak with your doctor about which option will work best for you. NRT’s are available in gum, lozenges, and patches. However, there are certain health conditions that can be impacted by using NRT’s. While you do not need a prescription to obtain NRT’s you will want to discuss your health history with your doctor before starting. Similarly, certain prescription drugs like Chantix and Wellbutrin have been shown to help curb nicotine cravings. Since these prescription drugs have side effects your doctor will be able to determine if prescription drug to stop smoking is right for you.