

Build *your* Nicotine Cessation Roadmap



It's hard to quit tobacco products. You probably wouldn't have downloaded this document if quitting were easy. An estimated 67% of people who use tobacco and/or nicotine want to quit. Maybe you're tired of coughing and wheezing. Or you want to go on vacation with the money you usually spend on nicotine products. Maybe you watched your parent use nicotine products growing up and you want to leave a different legacy for your kids. Whatever brought here, I'm glad you're here.

For more inspiration to quit, here are [100 more reasons to quit nicotine](#).

Test your quit knowledge

True or False: Quitting nicotine *lowers* your risk of relapse with other substances.

ANS: TRUE

In a 2017 study conducted by Columbia University, researchers examined data from 34,653 adults enrolled in the National Epidemiologic Survey on Alcohol and Related Conditions.

Researchers found that “daily smokers and nondaily smokers had approximately twice the odds of relapsing to drug use at the end of the three-year period compared with nonsmokers.”

What should be included in a quit plan?

About 1 out of 14 people who attempt to quit report a successful cessation. The people with the greatest rates of success in quitting utilize both medication and counseling while quitting. Less than 5% of people trying to quit utilize both of these resources. A combination of counseling & medication address the 3 components of dependence- physiological, behavioral and psychological.

Physiological

After quitting, our bodies gradually eliminate the remaining nicotine from our systems and we can experience a range of symptoms referred to as withdrawals. Common withdrawal symptoms include feeling sad anxious or irritable, trouble sleeping & difficulty concentrating. While these are temporary, they can be disruptive in our daily lives.

Behavioral

Smoking, chewing, vaping and other tobacco use can become a big part of our day. It's often what we reach for when we're stressed. Maybe a smoke break is the only chance you get to take a break from work. Self-regulation and benefits like extra work breaks reinforce nicotine dependence.

Psychological

In addition to physiological and behavioral dependence, we usually develop narratives about ourselves and our use that reinforce dependence. They usually sound something like “I'll never be able to quit” or “I can't handle this without a cigarette.” These narratives keep us stuck in dependence.

Resources *for each aspect of dependence*

Physiological

- **Nicotine Replacement Therapies (NRT)**- There are 5 FDA-approved NRTs. They supply nicotine without the other chemicals in tobacco products to help curb withdrawals. The **Montana Quit Line** can supply these to you for free if you are a MT resident.
- **Primary Care Doctors**- There are 2 FDA-approved medications to help with tobacco cessation; **Varenicline and Bupropion**. Your PCP or the MT Quit Line can help you determine if either of these are a good option for you. For help finding a PCP, call member phone number on the back of your insurance card.

Behavioral

- Create a new ritual- Identify the behavioral aspects of nicotine use that you enjoy- going outside, having something in your mouth, having something in your hands, etc.- and experiment with replacing nicotine use without other behaviors- there are even **tobacco & nicotine free chew** and **tobacco & nicotine-free cigarettes** that you may find helpful with the transition. There are also **sensory necklaces** designed to be chewed that can alleviate the craving to have something in your mouth.

Psychological

- **Licensed Addiction Counselors**- Tobacco/nicotine dependence is classified as a substance use in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV). This means that substance use disorder counseling for nicotine dependence is covered by most insurance plans (check your plan's coverage to be sure).
- **Nicotine Cessation Coaching** is available for free through the CDC, Call **1-800-QUIT-NOW (1-800-784-8669)** or text **QUIT to 47848** to get started. For coaching in Spanish, text **Déjelo to 333888**.
- Apps, like **QuitSTART** can also be a great resource for monitoring your progress, managing cravings and maintaining your motivation to quit.

Most importantly; keep trying! Most people attempt to quit several times before they are able to quit for good.

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