# WHAT'S THE BEST WAY TO QUIT SMOKING?



#### NICOTINE REPLACEMENT THERAPY (NRT)

- Delivers nicotine to your body in small amounts
- Can help you control cravings
- Long-acting form—nicotine patch
- Short-acting forms—nicotine gum, inhaler, spray, and lozenge



#### **PRESCRIPTION MEDICATIONS**

- Varenicline and Bupropion
- Contain no nicotine
- Can help control cravings and withdrawal symptoms



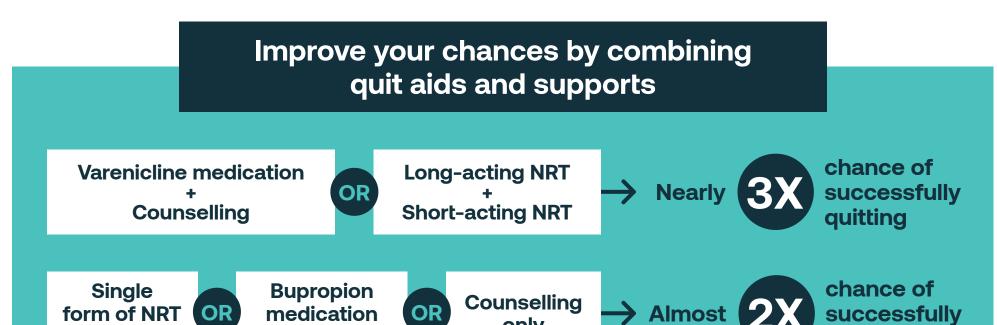
## COUNSELLING

- One-on-one, confidential support
- Quit coaches can help you develop a structured quit plan and answer your questions about quitting



### CYTISINE

- Non-prescription natural health product that mimics the effects of nicotine on the body
- Available online and in certain stores and pharmacies







Don't know what to try? Speak with a healthcare provider or a quit coach about which quit aids and available supports are right for you at **gosmokefree.gc.ca/quit** or toll free at **1-866-366-3667**.



