

Compare the Advantages of Different NRTs Below

NRT	Advantages
Nicotine Patch	<ul style="list-style-type: none"> • Easy to use - just put it on once per day and forget about it. • Useful for heavier smokers who need a steady release of nicotine. • Designed to temporarily replace some of the nicotine that cigarettes would normally supply.
Nicotine Gum	<ul style="list-style-type: none"> • Good for occasional smokers to reduce withdrawal symptoms, cravings and manage stress. • You can use the gum to help you reduce the number of cigarettes you smoke daily.
Nicotine Inhaler	<ul style="list-style-type: none"> • Good for people who miss the hand-to-mouth motion of smoking. • One puff delivers nicotine into the mouth and is absorbed, similar to cigarettes.
Nicotine lozenges	<ul style="list-style-type: none"> • Easy to use – just a small lozenge that dissolves in your mouth. • Can regulate your dose of nicotine based on how much you would normally smoke in a day.
Champix	<ul style="list-style-type: none"> • This pill changes the way your brain reacts to nicotine. • Your chance of quitting successfully increases by 2-3 times. • Does not contain nicotine.
Zyban	<ul style="list-style-type: none"> • Good if you smoke more than 10 cigarettes a day and require additional assistance in smoking cessation. • Your chances of quitting successfully increase 2 times. • Does not contain nicotine,. • Can delay weight gain after quitting for some people.



Northern Tobacco Strategy

Nicotine Replacement Therapies

WHAT YOU NEED TO KNOW



Northern Healthy Communities Partnership

www.nhcp.ca

What are Nicotine Replacement Therapies?

Nicotine Replacement Therapies (NRTs) are tools to break the habit of smoking cigarettes, while easing withdrawal symptoms. Nicotine in cigarettes causes addiction, and therefore creates unpleasant feelings when a person tries to quit. While some manage to quit on their own, others need help, which is where NRTs can be used.

What kinds of NRTs are available to me?

NRTs you can get without seeing a doctor:

Nicotine Patch

This NRT is applied to the skin to release a controlled dose of nicotine over time. Some are meant for all-day use, while others are only daytime use, or approximately 16 hours. Nicotine dosage ranges from 7mg—21mg per patch. Common side effects include skin irritation and sleep disturbance.

Nicotine Pieces (Gum)

Each piece of gum contains nicotine, which is released when used as directed, allowing you to receive nicotine when you have a craving for a cigarette. Nicotine dosage ranges from 2mg—4mg per piece, but using this NRT makes it easier to control your intake of nicotine. Common side effects are burning in your throat, hiccups, and dental problems.

Nicotine Inhaler

This NRT is for people who miss the hand-to-mouth ritual of smoking. One puff delivers nicotine to the mouth and is absorbed most similarly to smoking cigarettes. Common side effects include mouth and throat irritation, runny nose, and upset stomach.

Nicotine Lozenges

This NRT comes in a hard candy form, in 2mg—4mg dosages. Each lozenge will last 20-30 minutes, but should not be chewed or bitten like hard candy. Common side effects include a sore throat, coughing, heartburn, upset stomach, and hiccups.

Remember to consult your doctor or primary care nurse before consuming any type of NRT, especially if you are pregnant, breastfeeding, have a history of heart disease, or are under the age of 18.

Cessation medication you can get from your doctor:

Bupropion (Zyban)

This is an antidepressant pill that you can get from your doctor that has been found to help people with withdrawal. It will balance chemicals in your brain to reduce your withdrawal symptoms. You must begin treatment about 1-2 weeks before your quit date for it to work best.

Varenicline (Champix)

You can get this pill from your doctor, which changes the way your brain reacts to nicotine, and reduces cravings. You must begin treatment about 2 weeks before your quit date for it to work best.

Am I covered?

Non-insured health benefit (NIHB) clients are now eligible to receive up to three courses of treatment of smoking cessation products in a 12-month period.

The products covered with NIHB are two 12-week courses of NRTs (e.g. patches) as well as cessation medications Zyban and Champix.

Those not covered under the NIHB plan may be covered under their private health benefits plan, if applicable.

Please discuss with your doctor or nurse to decide which products and therapies are right for you.

To increase your chances of success, consider combining different NRTs with medication and quit planning and counselling sessions!

