

Thinking about quitting tobacco? We can help.

FREE support options to meet your needs:

Riverwood's Tobacco Treatment Specialist & Health Coach: Dan Schletty

- Onsite or telephonic
- Personalized approach to help you quit tobacco. Discuss triggers for cravings, barriers to change, and FDA approved nicotine replacement therapy and medication options for support. The TTS will work with your provider if a prescription is needed.
- Initial appointment: 1 hour, Follow-up: 30 minutes
- Breath Carbon Monoxide Monitor is a tool used to help stop smoking and is included with onsite sessions
- **How do I get started?** Ask your provider for a referral to Dan Schletty, CTTS & Health Coach. An appointment can be scheduled at your earliest convenience.
 - You can also contact Dan Schletty directly at 218-927-5168 or dschletty@riverwoodhealthcare.org

Call it Quits: MN Tobacco Quitline



Helping providers connect patients to quitline support

- Telephonic service
- Work with tobacco quitline coach to develop a plan that fits your situation.
- Through series of phone calls, the quitline coach will help you deal with cravings and stresses as you quit
- **How do I get started?** Complete the Call it Quits referral form from your provider. The quitline coach will then call you within a few days to get started on quit plan.

Free Mobile App: QuitGuide



- Free mobile app that helps you understand your smoking patterns and build the skills needed to become and stay smoke-free. QuitGuide allows you to track cravings by time of day and location. Get inspirational messages for each craving you track, which keep you focused and motivated on your smoke-free journey.

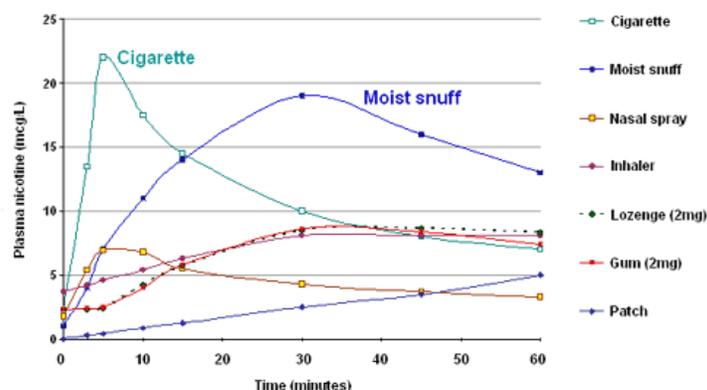
FDA Approved Smoking Cessation Aids

Counseling and medication are both effective for treating tobacco dependence, and using them together is more effective than using either one alone.*

Fiore MC, Jaén CR, Baker TB, et al.(2008). Treating Tobacco Use and Dependence: Clinical Practice Guidelines. Retrieved from <https://www.ncbi.nlm.nih.gov/books/NBK63952/>

Prescription Medications		
Method	Availability	Description
Bupropion	Prescription	Bupropion, also known as Zyban®, helps to reduce nicotine withdrawal and the urge to smoke. Bupropion can be used safely with NRT.
Varenicline (Chantix)	Prescription	Varenicline, also known as Chantix®, helps to reduce nicotine withdrawal and the urge to smoke. It also blocks the effects of nicotine from cigarettes if the user starts smoking again.
Nicotine Replacement Therapy (NRT)		
Method	Availability	Description
Nicotine Patches (21 mg, 14 mg, 7 mg)	Over-the-Counter or Prescription	The nicotine patch is placed on the skin and gives users a small and steady amount of nicotine.
Nicotine Gum (2 mg or 4 mg)	Over-the-Counter or Prescription	Nicotine gum is chewed to release nicotine. The user chews the gum until it produces a tingling feeling, and then places it between their cheek and gums.
Nicotine Lozenges (2 mg or 4 mg)	Over-the-Counter or Prescription	Nicotine lozenges look like hard candy and are placed in the mouth. The nicotine lozenge releases nicotine as it slowly dissolves in the mouth. Available in regular or mini size.
Nicotine Inhaler	Prescription	A nicotine inhaler, or “puffer”, is a cartridge attached to a mouthpiece. Puffing through the mouthpiece gives the user a specific amount of nicotine which is absorbed through the mouth, not lungs. Inhaler is not an e-cigarette.
Nicotine Nasal Spray	Prescription	Nicotine nasal spray is a pump bottle containing nicotine, which is put into the nose and sprayed.

Figure 5: Plasma Nicotine Concentrations for Nicotine-Containing Products



Slide reprinted with permission. Copyright 1999-2004 The Regents of the University of California, University of Southern California, and Western University of Health Sciences. All rights reserved.