

# Becoming Tobacco-Free

- Tobacco contains many known human poisons, cancer-causing chemicals and nicotine.
- Nicotine is very addictive and makes it difficult to stop tobacco.
- The average user attempts to stop 5-7 times before successfully quitting.
- The Alaska Native population has the highest rate of tobacco use in the United States.

*There is no safe use of any tobacco product.*



## Becoming tobacco-free

*Becoming tobacco-free can be hard, but here are some ideas to help you get started:*

- Tell your healthcare provider that you want to quit, and ask for help to achieve your goal.



ALASKA NATIVE  
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# Becoming Tobacco-Free

- Set a quit date.
- Stick to your decision to quit. If you feel irritable, light-headed, have trouble sleeping, and feel cravings for tobacco, call your counselor or your support person.
- Get extra sleep, drink water, and exercise regularly.
- Ask your family and friends for support.
- Consider using medications if you cannot stop tobacco on your own.

## Medications To Help You Quit

### **Nicotine Replacement Therapy (NRT)**

The nicotine in tobacco causes physical addiction, but NRT, can make being tobacco-free easier. NRT is a safe delivery of nicotine and is not addictive. Nicotine replacement comes in several forms; here are a few:

- **Nicotine gum**
- **Nicotine lozenges**
- **Nicotine patches**

**Bupropion** (Zyban) is a prescription medication that does not contain nicotine. It affects certain chemicals in the brain, decreasing symptoms that may come when quitting tobacco.