American Indians and Alaska Natives have the highest smoking rates in the U.S., but more than half of smokers want to quit.

Quit Connections

know your options

Your path to quitting smoking

PATCHES, GUM & LOZENGES
- Double your chances of quitting
- Use nicotine to reduce cravings
- Can be bought in store

MEDICATIONS: ZYBAN, WELLBUTRIN, CHANTIX
- Reduce cravings and withdrawal symptoms
- Can be combined with a patch (Zyban and Wellbutrin)
- Prescription only

COUNSELING & SUPPORT
- Can improve quit rates by 300%
- Many options available: group, individual, telephone, internet
- Counseling + Medication works better than either on its own

NASAL SPRAY & INHALER
- Use nicotine to reduce cravings
- Nasal spray = sprayed in your nose
- Inhaler = inhaled through your mouth
- Prescription only

COMBINATION OPTIONS
- Increase your chances of quitting
- \(+\) Zyban or Wellbutrin
- \(+\) Gum
- \(+\) Lozenge
- \(+\) Inhaler

TAKE ACTION!
- Talk to your doctor or nurse about what quit option works best for you.

For quitting options and support, join the Quit Connections Facebook group at: Facebook.com/groups/quitconnections