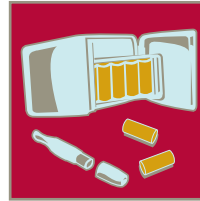


Nicotine gum: Carry it in the pocket where you used to carry your cigarettes. No prescription is necessary, and it's available in two strengths.



Nicotine patch: Put it on in the morning, and you're good to go. You can buy it without a prescription, but talk to your doctor about using it.



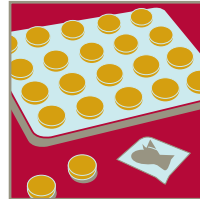
Nicotine inhaler: Delivers nicotine when you need it and keeps your fingers and mouth busy, a bit like a cigarette used to. A prescription is needed.



Nicotine nasal spray: Of all of these, the spray is the hardest to use. It also needs a prescription.



Bupropion (Zyban): It's not a nicotine replacement medication but it helps stabilize the brain as you stop smoking. A prescription is needed.



Nicotine lozenge: It's a nicotine replacement that's like a cough drop. It can help keep your mouth busy, and no prescription is needed.

Varenicline (Chantix): It's not a nicotine replacement medication but acts like nicotine to reduce withdrawal. It also blocks some of the pleasurable effects of smoking. A prescription is needed.

The Food & Drug Administration has warned that both bupropion (Zyban) and varenicline (Chantix) have been associated with serious adverse effects, including hostility, agitation, depressed mood, and suicidal thoughts or actions. The risks that are known to be associated with smoking must be balanced against the small, but real risk of these serious adverse effects. People who are taking either bupropion or varenicline and experience any serious and unusual changes in mood or behavior or who feel like hurting themselves or someone else should stop taking the medicine and call their healthcare professional right away. Bupropion, varenicline and nicotine replacement medications are also not recommended for women who are pregnant or breast-feeding without consulting their doctor. Ask your doctor if one of these medications is right for you. As always, read and follow label directions. Also keep in mind that new medications are being developed all the time to help people stop smoking. Ask your doctor if anything new is available.