

# SMOKING CESSATION

We at Pentucket Medical Associates are dedicated to helping you become a non-smoker. Below are some Aides to assist you in successfully quitting this habit.

## Over The Counter Nicotine Substitutes

Nicorette Nicotine Gum. Reduces withdrawal symptoms. 4mg if you smoke 25 or more Cigarettes a day, 2mg if you smoke less. \$73.00 (brand), \$39.00 (Rite-Aid)

Nicotrol NS. Nasal spray that reduces withdrawal symptoms. 4 bottles \$161.00

Nicotrol Inhaler. Inhaler that reduces withdrawal symptoms. 1 inhaler \$178.00

NicoDerm CQ. Patch with 3 gradual tapering dose to reduce withdrawal symptoms. If you smoke less than 10 Cigarettes per day, start with Step 2. 1 box  
\$50.00

Commit Lozenges. Reduces withdrawal symptoms. 2mg if you smoke your first cigarette more than 30minutes after waking up, 4mg if sooner. 1 box \$58.00.

## Non-Traditional Methods

Zerosmoke. Auricular therapy uses two biomagnets to create a precise pressure point on the outer ear, which stimulates the production of neurotransmitters in the brain, eliminating the desire to smoke. \$35.00

Hypnosis. Stop smoking hypnosis CD's at HYPERLINK "<http://www.kengrossman.com>"  
[www.kengrossman.com](http://www.kengrossman.com). \$88.00

Yefim Shubentsov. "The Mad Russian" In-office treatment. Self help books, videos and audiotapes. 1680 Beacon St. Brookline, Ma 02445. Tel.617-232-3930.

Acupuncture. Average cost per session \$50-60.00.

## Prescription Medications

Bupropion Hcl. Antidepressant and Nicotine antagonist. 60 tablets \$70.00

Chantix. Attaches to Nicotine Receptors in the brain and blocks nicotine from reaching the brain. Not to be used on patients with history of depression or on antidepressant medications. 1month \$125.00. Recommend 6 months of use. Covered by some insurance.

## Self Help

1-800-QUITNOW (784-8669) Press 5 for Massachusetts's residents. Confidential telephone information, referral and counseling at no charge. Multilingual.

HYPERLINK "<http://www.quitworks.org>" [www.quitworks.org](http://www.quitworks.org). Interactive website. Download a referral form for provider so we can track your progress thru this website.

*The prices quoted above were obtained 7/08.*