

You Can Quit Smoking

Five Common Myths About Quitting Smoking



Myth #1: *Smoking is just a bad habit.*

Fact:

Tobacco use is an addiction. According to the U.S. Public Health Service Clinical Practice Guideline, *Treating Tobacco Use and Dependence*, nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine.

Myth #2: *Quitting is just a matter of willpower.*

Fact:

Because smoking is an addiction, quitting is often very difficult. A number of treatments are available that can help.

Myth #3: *If you can't quit the first time you try, you will never be able to quit.*

Fact:

Quitting is hard. Usually people make 2 or 3 tries, or more, before being able to quit for good.

Myth #4: *The best way to quit is "cold turkey."*

Fact:

The most effective way to quit smoking is by using a combination of counseling and nicotine replacement therapy (such as the nicotine patch, inhaler, gum, or nasal spray) or non-nicotine medicines (such as bupropion SR). Your health care provider or smoking cessation clinic is the best place to go to for help with quitting.

Myth #5: *Quitting is expensive*

Fact:

Treatments cost from \$3 to \$10 a day. A pack-a-day smoker spends almost \$1,000 per year. Check with your health insurance plan to find out if smoking cessation medications and/or counseling are covered.



For More Information

To get a free copy of other consumer products on quitting smoking, call any of the following toll-free numbers: Agency for Healthcare Research and Quality, 800-358-9295; Centers for Disease Control and Prevention, 800-CDC-1311; National Cancer Institute, 800-4-CANCER; or log onto the Surgeon General's Web site at www.surgeongeneral.gov/tobacco.