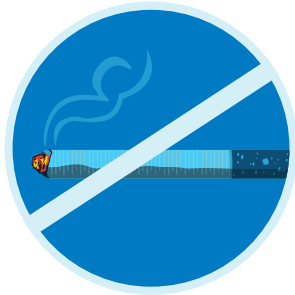






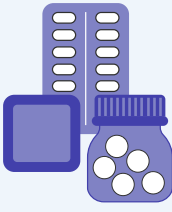






You can have a smoke-free life!



- Quitting smoking lowers your risk of serious illnesses like heart problems, strokes, and cancer. When you quit smoking, you are making a choice to be healthier and live longer
- Quitting takes time. It is normal to try a few times before you stop for good
- Many ways to quit exist; you may need to try a few. Talk to your health care provider for help finding the best option or combination of options for you

What can support your choice to quit smoking?	Description	Pros  and Cons 
 <p>Counselling</p>	<p>Options include:</p> <ul style="list-style-type: none"> • Primary care provider advice • Individual or group counselling in person or by telephone from a trained counsellor • Mobile phone text messaging interventions • Self-help materials 	<p> Pros:</p> <p>Provincial and territorial health care systems, as well as employee health benefits, cover the costs of certain counselling services</p>
		<p> Cons:</p> <p>Online-only options (like self-help guides) without professional support are not recommended</p> <p> Access to trained counsellors may be limited</p>
 <p>Medication</p>	<p>Options include:</p> <ul style="list-style-type: none"> • Prescription medicines like varenicline or bupropion which help manage tobacco cravings • Nicotine Replacement Therapies (NRTs) such as the patch, gum, lozenges, inhaler or spray). All can be used alone or in combination and are available over the counter • Cytisine is a natural product that helps you want to smoke less. You can buy it without a prescription 	<p> Pros:</p> <p>Medications can lower smoking pleasure and reduce nicotine withdrawal symptoms</p> <p> Every province and territory has coverage or rebate programmes for medication options, including NRTs</p>
		<p> Cons:</p> <p>Medication may cause side effects such as nausea, restlessness, insomnia, irritability. Nicotine patches can cause skin irritation</p>

What can support your choice to quit smoking?	Description	Pros ✓ and Cons ✗
 <p>Combination of counselling & medication</p>	<p>Options include:</p> <p>Combining</p> <ul style="list-style-type: none"> • Counselling • NRTs • Bupropion or varenicline or cytisine 	<p>✓ Pros:</p> <p>Counselling gives you guidance and support and medication can help manage cravings</p>
		<p>✗ Cons:</p> <p>Not all counselling options and medical treatments are available, and insurance does not always cover the expenses</p>

What about e-cigarettes?

- E-cigarettes may be used to help stop smoking tobacco cigarettes
- People should try other proven treatments FIRST
- E-cigarettes can help some people who could not quit other ways or who have a strong preference
- Know that e-cigarettes may have unknown negative health effects and there is no long-term safety information
- Don't use them longer than you need to quit



What about nicotine pouches?

- The Task Force did not study if nicotine pouches are effective for quitting smoking
- More research on the pouches' effectiveness in helping adult smokers quit is needed
- We suggest trying one of the proven options above to quit smoking

Want more information?

- [Canada.ca – Quit with confidence](https://www.canada.ca/quit-with-confidence)
- [Canadian Cancer Society](https://www.cancer.ca/)
- [Quitting smoking: Provincial and territorial services](https://www.healthycanadians.gc.ca/quit-smoking)
- [Tobacco Free Quebec \(Quebec sans tabac\)](https://www.tobaccofreequebec.ca/)

Read the guideline



Recommendations do not apply to traditional or ceremonial tobacco use by Indigenous groups or to pregnant or breast/chest-feeding people.

The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.

Find guidelines, tools and resources at www.canadiantaskforce.ca

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