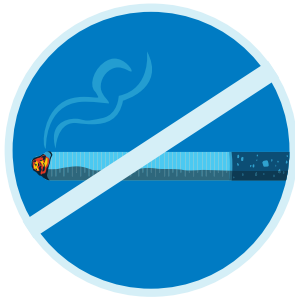





You can have a smoke-free life!



- 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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Let's quit smoking.

Smoking tobacco

- Is the #1 cause of preventable disease and death in Canada
- Causes lung and other cancers, heart and lung disease and more
- Is hard to stop because nicotine is highly addictive

Tobacco has 7000+ chemicals

Get healthier.

Stopping smoking can

- Improve health and lead to a longer life
- Improve mental health and quality of life
- Lower the risk of heart disease, stroke and cancer



Quitting takes time.

Keep trying!

- People often need to try to quit many times
- Trying different things at the same time can help you quit

Things that can help you quit:

Things you can do

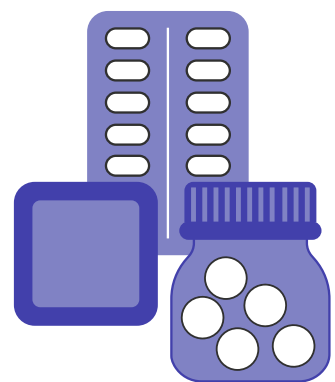
- Get advice or information from a doctor, nurse, pharmacist or other health care provider
- Get help from individual or group counselling from a trained counsellor
- Try text message-based programs
- Use self-help materials



**Can use
several at
same time**

Medications you can use

- Nicotine replacement therapy* (the patch, gum, lozenges, inhaler or spray, used alone or together)
- Varenicline
- Bupropion
- Cytisine



Talk to a health care provider about what may be best for you

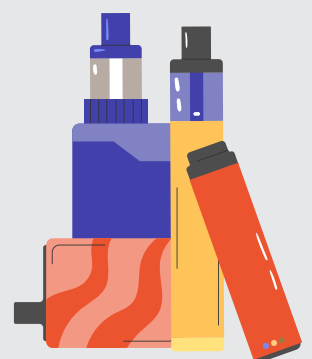
Not recommended:

- Acupuncture
- Hypnosis
- Laser therapy
- Electric current stimulation to head
- Ear acupressure
- St. John's wort



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- 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



No e-cigarette products have been approved to help stop smoking in Canada

Want more information?

- [Canada.ca – Quit with confidence](https://www.canada.ca/quitwithconfidence)
- [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.quebec.ca/quit)

*Pouches were recently approved in Canada to help quit smoking but were not included in the guideline. Recommendations do not apply to traditional or ceremonial tobacco use by Indigenous groups or to pregnant or breast/chest-feeding people.