

Smoking Cessation Therapy

Treatment options to help you quit smoking:

1. Behavioral treatment program.
 2. Nicotine replacement therapy (Gum and Patch)
 3. Other medications
- certain anti-hypertensives such as Clonidine
 - anti-depressants such as bupropion (Zyban) and fluoxetine.

Drug	Dosage	Comments
Nicorette gum 2-4 mg	10-12 pieces/day, maximum 20 pieces/day for 12 weeks then taper 1 piece/day every week	Chew and park between gums and cheek to ↓ side effects
Nicotine patch		
• Habitrol/Nicoderm	21 mg/24 hours X 4 weeks then 14 mg/24 hours X 2 weeks then 7 mg/24 hours X 2 weeks	<ul style="list-style-type: none"> • Higher doses may be needed in heavy smokers • Avoid smoking while on patch-may trigger MI
• Nicotrol	15 mg/16 hours X 4 weeks then 10 mg/16 hours X 2 weeks then 5 mg/16 hours X 2 weeks	
Zyban	150 mg/day X 3 days then 300 mg day <ul style="list-style-type: none"> • Set target quit date with-in 1st two weeks of Rx • Continue Rx 7-12 weeks 	<ul style="list-style-type: none"> • Avoid if on other anti-depressants • Avoid if history of seizures
Adapted from the Health Canada Healthy Heart Kit http://www.hc-sc.gc.ca/hppb/ahi/healthyheartkit/healthyheartkit.htm		

If you are seriously considering smoking cessation I would ask you to discuss methods with either your cardiologist or family physician who is in the best position to refer you to the proper resources.

