戒煙
決定是否需要藥物輔助您

Smoking Cessation: Deciding if you need medication

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INTRODUCTION

If you’re addicted to nicotine, there are medication products that can help you control your cravings and reduce your urge to smoke when you try to quit smoking. Research has shown that using these products in conjunction with a comprehensive program teaching you how to change your behavior and break your smoking habit can substantially increase your chances of quitting as compared to trying to quit cold turkey without any assistance or preparation.

In this booklet, you’ll learn more about these smoking cessation medication products. The information will help you decide if using a medication product is right for you and which product to use. Your health providers (such as your doctors, dentists, nurses or pharmacists) can also provide you guidance and recommendations to help you succeed in your attempt to quit smoking for good.

Available medication products for smoking cessation.

Nicotine medication products in the form of gum, skin patch, nasal spray or oral inhaler, supply nicotine to the body, helping to control your cravings and reducing your urge to smoke during the withdrawal period. There is also a non-nicotine pill to help smokers quit. You’ll learn more about these products in the pages ahead.
USING MEDICATION PRODUCTS

Quitting smoking is a two-step process that includes:
1) overcoming the physical addiction to nicotine and
2) breaking the smoking habit. Nicotine medication products and the non-nicotine pill help take care of the nicotine addiction so you can work on breaking the habit.

These products are safer than smoking because they do not contain the over 50 toxins which are found in cigarettes.

How do medication products work?

The nicotine gum and skin patch provide a steady low level of nicotine to the bloodstream throughout the day. The nicotine nasal spray and oral inhaler provide nicotine replacement in response to urges to smoke. The non-nicotine pill acts on the brain chemistry to bring about some of the same effects that nicotine has when people smoke. The nicotine medication products and the non-nicotine pill help reduce your cravings for cigarettes and help relieve the physical symptoms that people experience when trying to quit. Research has shown that using these products in conjunction with a comprehensive behavior change program like this Victory From Smoking® guide, can substantially increase your chances of quitting as compared to trying to quit cold turkey.
Who should use medication products?

These products are not intended for everyone. Medication products work best for people who are addicted to nicotine and are really trying to quit. It is important to check with your doctor or pharmacist to find out which product is right for you and to discuss any potential risks in using them.

These products should not be used by pregnant or nursing women. People with other medical conditions should consult their physician before using.

What medication products are available?

Medication products are available in many forms. The nicotine gum and some nicotine skin patches are sold over the counter. Other nicotine skin patches, the nicotine nasal spray, oral inhaler and the non-nicotine pill are currently available by prescription.

Warning: You must quit smoking completely before starting to use any nicotine medication product and only use as prescribed and/or according to the labeling.
Nicotine gum (尼古丁口香糖):

Nicotine gum provides nicotine to your bloodstream to help reduce your urge to smoke. The term "gum" is misleading. Although it actually is a gum-like substance impregnated with small amounts of nicotine, nicotine gum is not chewed like regular gum. Instead, you chew it briefly and then "park" it between your cheek and gum. The nicotine is absorbed through the lining of the mouth. To achieve greatest benefit, you generally should chew nine or more pieces per day. The recommended treatment period is 12 weeks.

Advantages

- Convenient
- Flexible dosing
- Faster delivery of nicotine than the skin patches

Disadvantages

- May be inappropriate for people with dental problems
- Cannot eat or drink while the medication is in your mouth
- Frequent use during the day required to obtain adequate nicotine levels

Nicotine patch (尼古丁膠布):

Nicotine patch delivers nicotine through the skin in different strengths, over different lengths of time. Each day a new patch is applied to the upper body. Patches sold over the counter are available in either 6-week or 10-week treatment periods.

Nicotine patch:

Nicotine patch delivers nicotine through the skin in different strengths, over different lengths of time. Each day a new patch is applied to the upper body. Patches sold over the counter are available in either 6-week or 10-week treatment periods.
Advantages
✓ Easy to use
✓ Applied only once a day
✓ Some available over-the-counter
✓ Few side effects

Disadvantages
✗ Less flexible dosing
✗ Slow onset of delivery
✗ Mild skin rashes and irritation

Nicotine nasal spray: delivers nicotine through the lining of the nose when you squirt it directly into each nostril. Unlike nasal sprays used to relieve allergy symptoms, the nicotine spray is not meant to be sniffed. Rather, it is sprayed once into each nostril once or twice an hour. Be sure to ask your pharmacist for help in using the product correctly.

Advantages
✓ Flexible dosing
✓ Can be used in response to stress or urges to smoke
✓ Fastest delivery of nicotine of currently available products
✓ Reduces cravings in minutes

Disadvantages
✗ Nose and eye irritation is common but usually disappears within one week
✗ Frequent use during the day required to obtain adequate nicotine levels
Nicotine inhaler:
is a plastic cylinder containing a cartridge that delivers nicotine when you puff on it. Although similar in appearance to a cigarette, the inhaler delivers nicotine into the mouth, not the lung, and is absorbed into the mouth and throat. Your physician can adjust the dosage as your body adjusts to not smoking. Usage is not recommended for longer than six months.

Advantages
- Flexible dosing
- Mimics the hand-to-mouth behavior of smoking
- Few side effects
- Faster delivery of nicotine than the patches

Disadvantages
- Frequent use during the day required to obtain adequate nicotine levels
- May cause mouth or throat irritation

Non-nicotine pill (Buproprion SR):
is a treatment that must be started 7-10 days before your target quit date. Its primary role is to act on brain chemistry to bring about the same effect that nicotine has when people smoke. The main ingredient has been available for many years as a treatment for depression. However, it works well in people with no depression as an aid to quit smoking. A small risk of seizure is associated with use of this medication.
Advantages
- Easy to use
- Pill form
- Few side effects
- Can be used in combination with nicotine patches

Disadvantages
- Should not be used by patients with eating disorders, seizure disorders or those taking certain other medication
- Lack of flexibility of use

If I decide to use a medication product, what do I do next?

Before your Quit Day, be sure to develop a set of coping strategies that work for you and begin to develop support from your friends, family and co-workers to help you through the tough times.

Be sure to read the directions for using your nicotine or non-nicotine medication properly. Start using the nicotine medication product on your Quit Day and do not smoke any cigarettes once you start using a nicotine medication product. Use of the non-nicotine pill should begin 7-10 days before you quit.

Note: The American Lung Association is neither the manufacturer nor the seller of these products and takes no responsibility with respect to them.