

Tobacco Cessation USC Pulmonary Clinic

What is it? This is when a patient completely stops using all tobacco products.

What is the best way to stop smoking? There are many available methods. These include "cold turkey", medications, patches, hypnotherapy, electronic cigarette and even acupuncture. Some patients try multiple methods before they find the one that works for them.

Which is the most successful? The approximate quit rates from studies are listed below. The problem is that many patients start smoking again within 6 months.

- "Cold turkey" or unassisted: 4-7 %
- Nicotine replacement (NRT): 16 %
- Wellbutrin: 30%
- Wellbutrin +patches: 35 %
- Chantix alone: 33 %

What are the side effects of these drugs?

- "Cold turkey": withdrawal symptoms
- NRT: rash from patch
- Wellbutrin: not for patients with seizures, weight loss possible
- Chantix: not for patients with psychiatric disorder, nightmares

What about hypnotism and acupuncture? While these are options and work in some patients, groups who compiled data from many studies state there is not enough data to push patients to undergo hypnotism. Acupuncture has been shown to be equal to intensive counseling.

How much do the medications cost? This will depend on your insurance and where you buy the medications. Some insurance companies will pay for the medicine if you have tried everything else and your doctor fills out a special form. Obviously, quitting cold turkey is FREE!

Are there any free counseling programs that provide medications for free? Yes! We can provide information about an intense, free program through USC.

