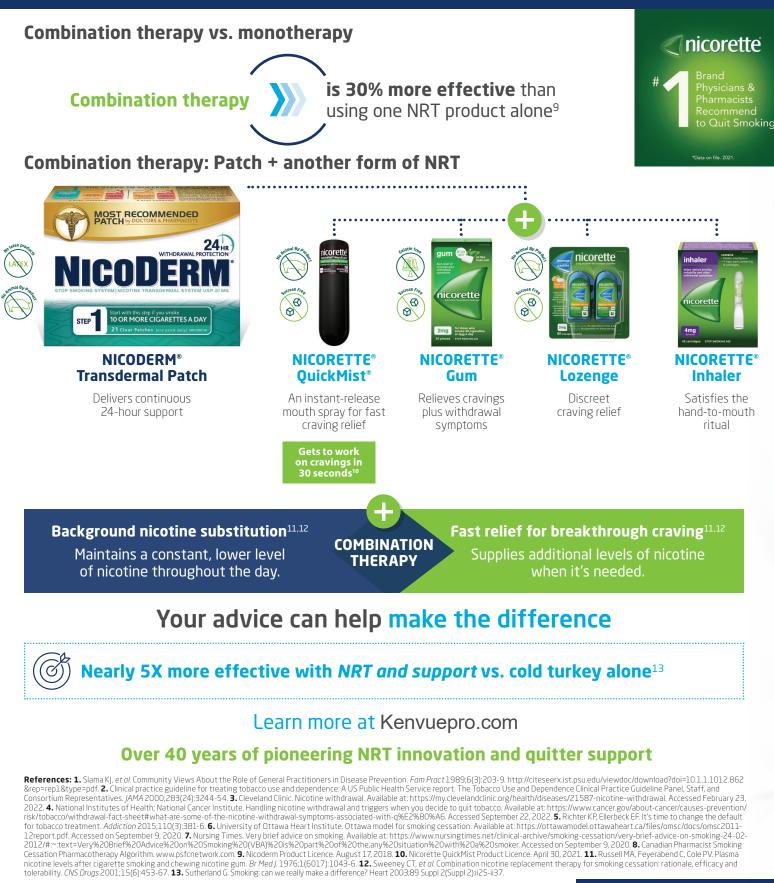
NRT combination therapy





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Do something amazing®

Help your patients **quit smoking**. For good.

Learn more at HelpThemQuit.ca

You have the power to inspire your patients to quit



of patients expect and want their physician to bring up the topic of smoking¹

1-3 minutes

of counselling increased the likelihood of smoking cessation and abstinence rates by 40%.²



How to manage side effects from quitting^{3,4}

Headaches	Restlessness	Weight gain	Anger or irritability
Make sure to drink plenty of water.	Keep your hands busy with a fidget toy or stress ball.	You may find you have extra energy once you quit, so why not	Remind yourself that these feelings are totally normal, and temporary.
Limit the caffeine you consume by avoiding coffee, soda and tea.	You can also try using chewing gum, a toothpick, or a lollipop to replace the physical sensation for your hands and mouth.	get physical? Find an activity you enjoy to keep your body active, and your mind distracted!	Practice deep breathing to help you relax and allow the urge to smoke to pass. Or try meditation or other relaxation techniques.



Smokers who stated they were not ready to quit actually

quit at the same rate as those who considered themselves ready in numerous clinical trials⁵

3 quick steps to smoking cessation counselling⁶⁻⁸ **3 quick steps** 🔎 1. ASK 2. ADVISE ACT 3. ACT • I strongly advise you • How important is it for you to quit? Have you used any form of tobacco in the past to quit, or reduce your • How confident are you that you month? smoking, as it is the most can quit? important thing you can • How many cigarettes do you smoke do for your health. a day? • I can help you quit. • How soon after waking do you have your first cigarette? (I) Combination therapy is 30% more effective than using one NRT product alone⁹

One cigarette delivers 1-2 mg of nicotine.8

An individual's NRT dosing may be affected by differences in absorption and metabolism.