

Help your patients quit smoking today



Smoking can impact both male and female fertility

For Women:

- Smoking in women is associated with:
 - Impaired fecundity⁴
 - Increased risk of spontaneous abortion⁴
 - Increased risk of ectopic pregnancy⁴
- It may also advance the time of menopause by 1-4 years.⁴

For Men:

- Tobacco smoking is one of the major factors leading to male infertility.⁵
- Smoking in men has been shown to:
 - Decrease sperm count, motility and morphology, which compromises sperm quality and fertility potential.⁴



Scan this QR code for Product Dosing Guide

References

1. Nicorette®. Summary of Product Characteristics.
2. Nik Hazlina NH, Norhayati MN, et al. BMJ Open. 2022 Mar 30;12(3):e057132.
3. Hehemann MC, et al. Transl Androl Urol. 2016 Apr;5(2):187-94.
4. Practice Committee of the American Society for Reproductive Medicine. Smoking and infertility: a Committee Opinion. Fertil Steril. 2018 Sep;110(4):611-18.
5. Bundhun PK, et al. BMC Public Health. 2019 Jan 8;19(1):36.
6. Kovac JR, et al. Postgrad Med. 2015 Apr;127(3):338-41.
7. American Society for Reproductive Medicine. Fact sheet: Smoking and infertility. 2014. Available from: <https://www.reproductivefacts.org/news-and-publications/fact-sheets-and-infographics/smoking-and-infertility/>. Accessed January 2025.
8. Kulaksiz D, et al. Int J Impot Res. 2022 Sep;34(6):614-19.
9. Slama KJ, et al. Family Practice. 1989;6(3):203-209.
10. Fiore MC, et al. Am J Prev Med. 2008 Aug;35(2):158-76.
11. Boedt, T, et al. Cochrane Database Syst Rev. 2021 Apr 29;4(4).
12. Polotsky AJ, et al. J Clin Endocrinol Metab. 2015 Jun;100(6):2405-12.
13. West R et al, NCST, Stop smoking services increased chances of quitting 2019.
14. Sutherland G. Heart 2003; 89(suppl II): ii25-ii27.
15. Sandhu A, Hosseini SA, Saadabadi A. Nicotine Replacement Therapy. [Updated 2023 Nov 12]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan.
16. European Pharmacopoeia (Ph. Eur.) 11th edition. Strasbourg, France: EDQM Council of Europe. Nicotine 1452 (01/2009:1452) respectively Nicotine Resinate (01/2015:1792).
17. Sweeney CT, et al. CNS Drugs. 2001;15(6):453-67.
18. Mamede, M., Ishizu, K., Ueda, M., Mukai, T., Iida, Y., Kawashima, H., Fukuyama, H., Togashi, K. and Saji, H., 2007. Temporal change in human nicotinic acetylcholine receptor after smoking cessation: 5IA SPECT study. Journal of Nuclear Medicine, 48(11), pp.1829-183.
19. Molyneux A. BMJ. 2004;328(7437):454-456.
20. NICORETTE® Lozenge Health Canada Product License, 2025.
21. NICORETTE® Gum Health Canada Product License, 2025.
22. NICODERM® Patch Health Canada Product License, 2024.
23. NICORETTE® Inhaler Health Canada Product License, 2024.
24. NICORETTE® QuickMist® Health Canada Product License, 2025.
25. Nicorette® UK. Nicorette® Dual Support. Available at: <https://www.nicorette.co.uk/products/nicorette-dual-support>. Accessed Jan 2025.
26. NICE guideline NG209. Tobacco: preventing uptake, promoting quitting and treating dependence. November 2021.
27. NCST standard treatment programme 2019.
28. He S, Wan L. Associations between smoking status and infertility: a cross-sectional analysis among USA women aged 18-45 years. Front Endocrinol. (2023) 14:1140739. doi: 10.3389/fendo.2023.1140739



Smoking and fertility



Did you know?

Women who smoke have a **1.85 times increased chance** of developing infertility than those who do not.²



Men who smoke are **1.5 – 2 times more likely** to experience erectile dysfunction.³

For fertility treatments:

Smoking reduces the success of fertility treatments, such as In Vitro Fertilization (IVF) and Intracytoplasmic Sperm Injection (ICSI).⁶

Smoking and Fertility:

Quitting smoking for good with Nicorette® and NicoDerm®*1

*Nicorette® is clinically proven to help your patient quit smoking

Only to be used by adults who are trying to quit smoking.
WARNING: These products contain nicotine. Nicotine is highly addictive.

Quitting smoking can improve the chances of conceiving

Although the decrease in the ovarian egg supply cannot be reversed, quitting smoking can improve overall fertility.⁷



For women, the reduced fecundity associated with smoking may be reversed within a year of smoking cessation.⁴

For men, smoking cessation may improve semen quality and reduce the number of patients with abnormal parameters, by improving semen volume, sperm concentration and total sperm count, at three months.⁸

54%

Women who smoke have a 54% increased risk of facing infertility.²⁸

Your role as an HCP is vital in helping your patients to quit smoking.

85%

85% of patients would appreciate their physician raising the topic of smoking cessation.⁹

↑40%

Counselling advice lasting less than 3 minutes increases the odds of abstinence rates by 40%.¹⁰

↑3-5x

3-5x increased chance of quitting with stop-smoking aids, like NRT and behavioural support.^{11,12}

Providing advice about which modifiable lifestyle factors affect fertility – such as smoking – is a crucial first step in helping people increase their chances of timely conception, and delivery of a healthy baby.¹³

- Couples are more likely to succeed in quitting smoking if they quit at the same time.¹⁴



NRT solution to support your patients to stop smoking^{*1}

Nicotine Replacement Therapy (NRT) has been specifically developed to aid patients to quit smoking

- NRT provides the body with therapeutic doses of nicotine through a safer, alternative method and reduces the urge to smoke (cravings).¹⁵
- The NRT dosing regimen provides a tapering down of pharmaceutical grade, lower dosage nicotine intake.^{15,16} As the dose is tapered down, typically over a 12-week period,¹⁷ the brain downregulates the number of nicotine receptors which reduces cravings¹⁸ and increases the chances of successful, complete nicotine cessation.¹⁹

Nicorette® and NicoDerm® are clinically proven to reduce nicotine dependency, by helping to fight smoking cravings¹

Nicorette® and NicoDerm® NRT solutions²⁰⁻²⁶



Flexible formats with 5 products to tailor to preference and lifestyle²⁷: NicoDerm Patch for continuous daily nicotine, plus: lozenge, gum, inhaler, or QuickMist mouthspray for on-demand use.

For details on the dosages, see product information for the respective product: <https://www.nicorette.ca/products/>

^{*}Nicorette® is clinically proven to help your patient quit smoking

nicorette® **NICOderm**

How do you create the right quitting plan for your patient?

Less than 3 minutes can help increase your patients chance of conceiving

Ask²⁸

“Have you smoked in the last 30 days?”

“Are you willing to stop today?”

Advise²⁸

Empathise and advise that the best way to quit smoking is with non-smoking aids, like NRT and your/ a specialist support (VBA^{*}).

Help them set their expectations on their quit journey (learnings from previous attempts can be used to help this one).²⁹

Act²⁸

Recommend stop smoking aids like Nicorette® NRT or prescription medicines and provide your ongoing support.

Set the quit date with your patient.

Offer a follow-up appointment with you or a specialist.

^{*} VBA = Very Brief Advice

Advise your patients trying to conceive to stop smoking.



Nicorette® and NicoDerm® are clinically proven to help.¹