

## TRYING TO QUIT SMOKING?

Quitting can be very hard, but it's not impossible. With the right help, resources and support to keep you going, Tobacco Free Florida can increase your chances of quitting.

Tobacco Free Florida offers a number of free tools and services to help tobacco users quit. **Free nicotine replacement therapy is available** while supplies last and if medically appropriate.

Floridians who want to quit smoking are encouraged to find the cessation services that work best for them at [tobaccofreeflorida.com/quityourway](http://tobaccofreeflorida.com/quityourway).



[TobaccoFreeFlorida.com](http://TobaccoFreeFlorida.com)  
1-877-U-CAN-NOW  
1-877-822-6669

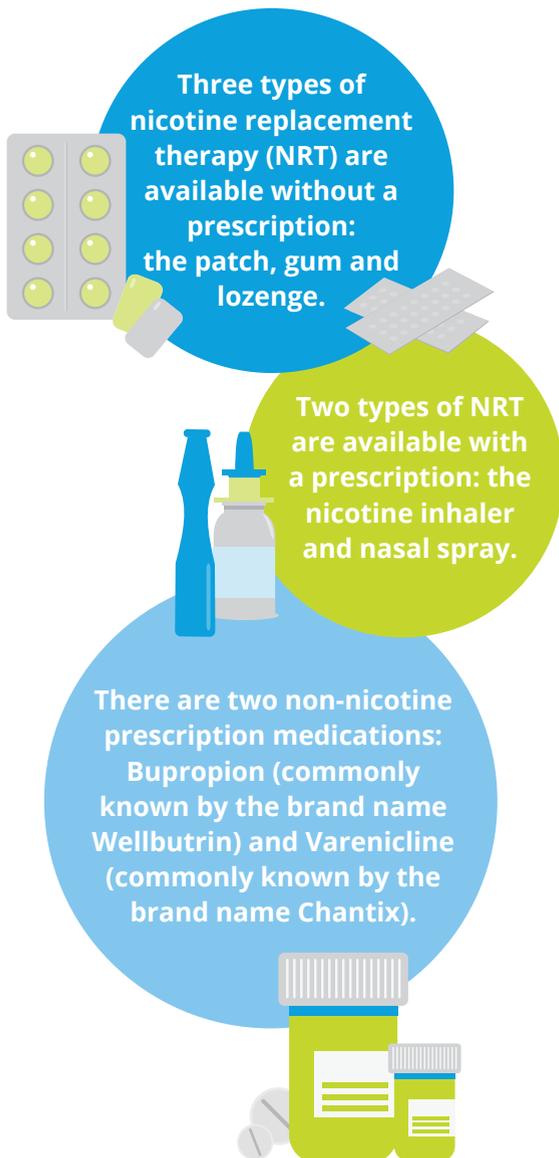


# CAN E-CIGARETTES HELP YOU QUIT SMOKING?



# ARE E-CIGARETTES AN EFFECTIVE QUIT TOOL?

Tobacco Free Florida recommends using quit aids approved by the Food and Drug Administration. There are seven FDA-approved cessation aids and medications that are proven safe and effective when used as directed.



Three types of nicotine replacement therapy (NRT) are available without a prescription: the patch, gum and lozenge.

Two types of NRT are available with a prescription: the nicotine inhaler and nasal spray.

There are two non-nicotine prescription medications: Bupropion (commonly known by the brand name Wellbutrin) and Varenicline (commonly known by the brand name Chantix).

## DANGERS OF DUAL USE

Nearly six in 10 e-cigarette users were also conventional cigarette smokers in 2015. Using both e-cigarettes and conventional cigarettes is called **“dual use.”**

Dual use is not an effective way to safeguard your health. Even people who smoke fewer than five cigarettes a day may show signs of early heart disease.

## BREAKING NICOTINE ADDICTION

Nicotine is a highly addictive chemical. The pathway for addiction to nicotine is similar to those for heroin and cocaine. Many e-liquids contain nicotine and e-cigarettes deliver nicotine directly to the lungs. None of the approved, regulated cessation aids – such as nicotine patches and chewing-gum – deliver nicotine to the lungs.

Further, scientific testing has shown that e-cigarettes can vary widely in the amount of nicotine and other harmful chemicals they deliver.

Tobacco Free Florida encourages smokers who want to quit to talk to their health care provider or to seek help from a proven resource, like **Tobacco Free Florida.**

