
TREATMENT OPTIONS A PLAN TO HELP YOU QUIT SMOKING

COUNSELING AVAILABLE

- Weekly group meetings with virtual and hybrid 8-week sessions

NICOTINE REPLACEMENT (NRT)

- Gum
- Lozenges
- Patch
- Inhaler

MEDICATION

- BUPROPION (Zyban, Wellbutrin)
- VARIENCLINE (Chantix)

COMBINATION THERAPY

- Varenicline monotherapy OR combo with NRT
- Nicotine patch + Nicotine gum
- Nicotine patch + Nicotine lozenge
- Nicotine patch + Bupropion
- Nicotine gum + Bupropion
- Nicotine lozenge + Bupropion



SUGGESTIONS TO GET YOU STARTED!

- **Set a quit date**
- **Get support**
 - *Ask family, friends, and co-workers
- **Review past quit attempts**
 - *What helped?
- **The day you plan to quit**
 - *Get rid of all tobacco products from your home, car or work (throw out cigarettes, ashtrays and lighters)

BOSTON HEALTHCARE SYSTEM

WE ARE TOBACCO FREE
SINCE OCTOBER 1, 2019

Quit Tobacco Today

**A GUIDE TO BREAKING HABITS
AND IMPROVING YOUR HEALTH**



U.S. Department of Veterans Affairs

Veterans Health Administration
Boston Healthcare System

VHABHS/VHEI 3/20 #0009

WHY QUIT?

Save money!

Enjoy the health benefits!

- **After 20 minutes**
 - *Blood pressure and heart rate are lower
- **After 12 hours**
 - *Carbon monoxide level in your blood drops
- **After 48 – 72 hours**
 - *Carbon monoxide in your blood is gone
 - *Taste and smell return
 - *Breathing may be easier
- **After 1 – 3 months**
 - *Heart attack risk is lower
 - *Breathing is better
 - *Blood flow has improved
 - *Walking might be easier
 - *Smoker's cough is gone

ADDITIONAL RESOURCES

Quit VET Veterans Smoking Quit line

- **Free tailored counseling**
 - *Create a quit plan
 - *Prevent relapses



(855) 784-8838

SmokefreeVET Text Message Program

- **Free mobile text message**
 - *24/7 advise and tips
 - *Helps you stop smoking
 - *Text "VET" to 47848or visit

veterans.smokefree.gov



My HealtheVet

www.myhealth.va.gov

VHA Tobacco & Health

www.publichealth.va.gov/smoking

VA CAN HELP!

Group Meeting Schedule

| Groups | Time |
|-------------------------------------|---|
| West Roxbury Virtual Group | Monday 1:00pm-2:00pm 8-week course |
| Brockton Virtual Group | Wednesday 2:00pm-3:00pm 8-week course |
| Plymouth Virtual or In-Person Group | Friday 1:30pm-2:30pm 8-week course |

Contact your Primary Care Team for a referral and class dates

**Monday - Friday
8:00am - 4:00pm**

800-865-3384



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