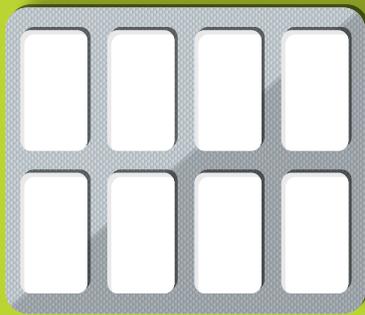


# NRTs CAN DOUBLE YOUR CHANCES OF QUITTING!

When you crave tobacco, what you are really craving is nicotine, an addictive chemical found in cigarettes. Nicotine Replacement Therapies (NRTs) give your body nicotine and satisfy those cravings, without the thousands of poisonous chemicals found in tobacco.



## NICOTINE GUM

The gum gives a burst of nicotine every time you chew.

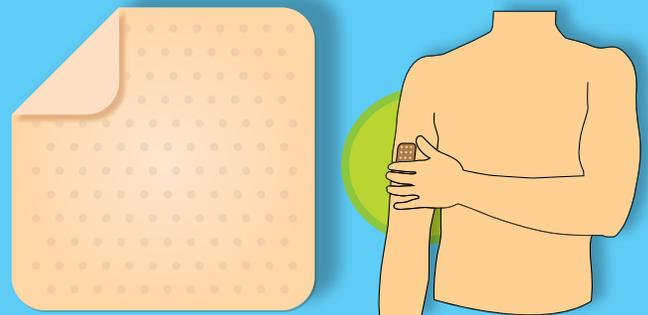
### HOW TO USE

- 1 Do not chew nicotine gum like normal gum. Instead 'bite' the gum once or twice, then "park" the gum in the corner of your mouth (between your cheek and gums).
- 2 Wait one minute, bite the gum a few more times, and then "park" the gum again.
- 3 Repeat the 'bite' and "park" process for 30 minutes.

**Note:** It takes the gum 15 - 30 minutes to start working, so take it before you think you might need it. Do not chew more than 20 pieces a day.

### NIHB COVERAGE: FIVE MONTHS

945 pieces per year, enough for a five month supply at six pieces per day.



## NICOTINE PATCH

The patch sticks to your skin like a bandage.

### HOW TO USE

- 1 Peel off the backing and press the patch for 10 seconds onto a clean, hair free area of skin above your waist but below the neck, leave it for 24 hours.
- 2 Then remove the old patch before applying new one. Change the location where you put your patch each time.
- 3 Wash your hands after touching the patch.

**Note:** If you have trouble sleeping after starting the patch, remove it one to two hours before bedtime. Do not cut or alter it in anyway.

### NIHB COVERAGE: FOUR TO FIVE MONTHS

168 Habitrol patches or 140 Nicoderm patches per year, enough for a four to five month supply.





## NICOTINE LOZENGE

Lozenges are like hard candy, releasing nicotine as you suck them.

### HOW TO USE

- 1 Do not chew, swallow or suck on the lozenge as you might with a cough drop.
- 2 Place one lozenge in your mouth and allow it to dissolve slowly.
- 3 Occasionally move the lozenge from one side of your mouth to the other.
- 4 The lozenge should take about 20 to 30 minutes to dissolve.

### NIHB COVERAGE: FIVE MONTHS

945 lozenges per year, enough for a 5 month supply at 6 lozenges per day



## NICOTINE INHALER

Inhales like a cigarette, but without harmful chemicals or smoke

### HOW TO USE

- 1 Line up the markers and pull each end apart.
- 2 Insert cartridge into the mouthpiece, and twist to close it up.
- 3 Inhale deeply to the back of your throat or puff in short breaths.

**Note:** Each cartridge will last for about 20 minutes of continuous frequent puffing.

### NIHB COVERAGE: FIVE MONTHS

945 inhalers per year, enough for a 5 month supply at 6 cartridges per day



**Watch out for side effects**, such as headaches, problems sleeping, strange dreams, and upset stomach. The patch may also cause skin irritation or redness, and gum can cause sore jaw.



**NRTs are not right for everyone**, so make sure to **check with your healthcare provider first**. Prescriptions are required for NIHB coverage.



**Has No Place Here**  
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### MORE INFO



Call the QuitLine at **1 866-3NU-QUIT (368-7848)** for free, professional support in Inuktitut, English, Inuinnaqtun or French.



Go to [www.nuquits.ca](http://www.nuquits.ca)