

Cessation Options

Nicotine Replacemnt Therapy

NRT works by providing pulse nicotine doses throughout the day. They are designed to reduce cravings for nicotine and reduce nicotine withdrawal symptoms. NRT use should be considered as one piece of the larger picture of your effort to quit smoking

The patch and gum forms of NRT are offered at Health Services

These are good choices for individuals who:

Smoke at least 15 cigarettes daily

Smoke their first cigarette within a half hour after waking

Have strong cravings for cigarettes while trying to quit



Zyban

Is a non-nicotine prescription medication to assist in smoking cessation by decreasing nicotine withdrawal symptoms. It should be considered as one piece of the larger picture of your effort to quit smoking. Ask your health care provider if Zyban can work for you.

Medical Acupuncture

Medical Acupuncture has been documented to be effective in helping individuals quit smoking by reducing withdrawal symptoms. Medical acupuncture uses 2 ear points. You must get a referral for medical acupuncture. Ask your health care provider for more information.

Hypnosis

Hypnosis works by making suggestions to your subconscious. Hypnosis consists of at least 2 sessions, the first being a consulting session and second being the actual hypnosis session. This method is a good choice for individuals who are highly motivated to quit. Ask your health care provider for more information.

Individualized or Group Counseling

Sessions assist development of quitting strategy by assessing your relationship with tobacco, discussing methods of cessation, and techniques of coping with cravings. Most importantly, it provides individual or group support in your attempt to quit. This method is a good choice for individuals who would like extra assistance and support during their quit attempt.

Stress Management

Provides strategy and techniques to reduce stress and to develop new coping mechanisms. This service is beneficial to everyone trying to quit but can be especially helpful for those who relied heavily on smoking as a means of stress management. **Yoga and Meditation** are free stress reduction methods offered to students.

Nutrition Assessment and Weight Management

Provides assistance and counseling for nutrition assessment and weight management during and after quitting. This service is beneficial for individuals who are concerned about weight gain after smoking, or who are looking to safely and effectively lose the weight gained after quitting.