

Mass General Cancer Center Smokefree Support Service

What are the benefits of smoking cessation medicines?

Smoking cessation medicines can aid you to stop smoking because they work to decrease many withdrawal symptoms and reduce urges to smoke. These symptoms may be difficult to tolerate and often cause people to give up on quitting. All current smoking cessation medications double the chances that you will be able to quit and stay quit.

The FDA-approved medicines that can help with nicotine withdrawal include:

Nicotine patch (Nicoderm CQ,[®] Nicotrol,[®] Habitrol[®])

Nicotine lozenge (Commit[®])

Nicotine gum (Nicorette,[®] Nicotrol[®])

Nicotine inhaler (Nicotrol[®])

Nicotine nasal spray (Nicotrol[®])

Varenicline pills (Chantix[®])

Bupropion SR pills (Zyban,[®] Wellbutrin SR[®])

What type of smoking cessation medicine is the best for Cancer Center patients?

There may be types of medicines that will work better for you. We can make suggestions based on your smoking history, cancer diagnosis, and treatment plan. For example, patients getting chemotherapy may not be able to use some medications because they can make nausea worse.

You can find out more information about FDA-approved smoking cessation medications from these resources.

- <http://smokefree.gov/explore-medications>
- <http://www.fda.gov/forconsumers/consumerupdates/ucm198176.htm>
- http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/

Ask your treatment team for a referral to the Mass General Cancer Center Smokefree support service. You can also reach out to us directly at mghccsmokefree@partners.org.