

Tips for a New Year: Quit-Smoking Medicines

Using [quit-smoking medicines](#) can help you go smokefree this year—yes, even if you’ve tried them before! And there has never been a better time to quit. A recent [Surgeon General’s report](#)^{external icon} found that quitting cigarettes can have big health benefits, including reducing the risk of [heart disease and stroke](#), [chronic obstructive pulmonary disease](#), and several types of [cancer](#).



Maybe you’ve used nicotine patches or gum in the past, or maybe you’ve tried doctor-prescribed quit-smoking pills in your quest to kick cigarettes. Maybe you’ve only thought about using quit-smoking medicines before. There are new ways to use these medicines, described below, which can further increase your chances of success. When it comes to trying to quit smoking, the best advice is: don’t give up.

Tackle the Toughest Times

[Quitting smoking can be hard](#), but using medicines approved by the U.S. Food and Drug Administration (FDA) can help in [three major ways](#):

[They make quitting less painful.](#) Medicines help you [handle withdrawal symptoms](#), including cravings for cigarettes, trouble sleeping and concentrating, and irritability. Medicines with nicotine—called nicotine replacement therapy, or NRT—give your body enough nicotine to lessen withdrawal symptoms and control cravings. Medicines without nicotine lower your urge to smoke and also decrease withdrawal symptoms.

[They are safe.](#) All FDA-approved medicines are proven to be safe based on many years of research.

[They help you get through the tough times.](#) Quit-smoking medicines can help you get through the early days or weeks of quitting, when it’s hardest to stay motivated and when your urge to smoke is highest. Make sure to use the medicines as directed. Taking the right dose for the right amount of time is important for success.

For more information go to [Tips for a New Year: Quit-Smoking Medicines \(cdc.gov\)](#)