

Tobacco Treatment Resources* for Moloka`i

Nā Pu`uwai Native Hawaiian Health Care System

Individual Counseling

553-8288

Group Counseling:

- 10-week sessions
- Open to the Public
- \$10
- All NRT covered free of charge

Hawai`i Tobacco Quitline

1-800-QUIT-NOW

Monday to Friday 3:00 am to 9:00 pm

(1-800-784-8669)

Saturday & Sunday 3:00 am to 6:00 pm

- Nicotine patch and gum free for uninsured

American Cancer Society

553-5154

4 (1-hour) sessions (2x/week)

- Free of charge

Smoking is NOT a Hawaiian tradition.

*Kanaka maoli did not consume harmful chemicals,
such as tobacco and alcohol.*

- R. Kekuni Blaisdell, MD

Quick Reference: Medicines that help you quit smoking

Type of Medicine	Brand Names	Do I need a doctor's prescription?	Cost (may vary by island)	Where can I get it?	Other benefits
Pill	Zyban also called: Wellbutrin, and bupropion SR	Yes	\$55 to \$86 for one month's supply of 60 pills	Your doctor	Lessens cravings and weight gain.
	Chantix also called: varenicline	Yes	\$100 to \$170 per month, treatment usually lasts 3 months	Your doctor	Eases symptoms of quitting.
Gum	Nicorette, Nicorette DS, Nicorette Mint	No	\$29 for 48 pieces \$50 for 108 pieces \$68 for 190 pieces	Drugstores, Pharmacies, Tobacco Quit Line	Easy to use.
Patch	Habitrol, Nicoderm CQ, Nicotrol, ProStep	No	\$17 to \$35 for one week's supply	Drugstores, Pharmacies, Tobacco Quit Line	Easy to use.
Inhaler	Nictorol IN	Yes	\$50 for inhaler mouth piece and 48 cartridges	Your doctor	Works quicker than the gum.
Spray	Nicotrol NS	Yes	\$36 for one week's supply	Your doctor	Eases symptoms of quitting.
Lozenge	Commit	No	\$40 for 72 pieces	Drugstores, Pharmacies	Easy to use.

These medicines can double the chance of quitting when used with counseling and support with lifestyle changes.

