

## Hawai'i Tobacco Quit Line

1-800-QUIT NOW (784-8669)

If you do not have a doctor or health care provider,  
call the Native Hawaiian Health Care System on your island:

Kaua'i, Ni'ihau	Ho'ōla Lāhui Hawai'i (808) 240-0192
O'ahu	Ke Ola Mamo (808) 848-8000
Moloka'i	Nā Pu'uwai (808) 553-8288
Lāna'i	Ke Ola Hou O Lāna'i (808) 565-7204
Maui	Hui No Ke Ola Pono (808) 244-4647
Hawai'i	Hui Mālama Ola Nā 'Ōiwi (808) 969-9220

*Smoking is NOT a Hawaiian tradition.  
Kanakanā maoli did not consume harmful chemicals,  
such as tobacco and alcohol.*

- R. Kekuni Blaisdell, MD



Halehuki circa 1940

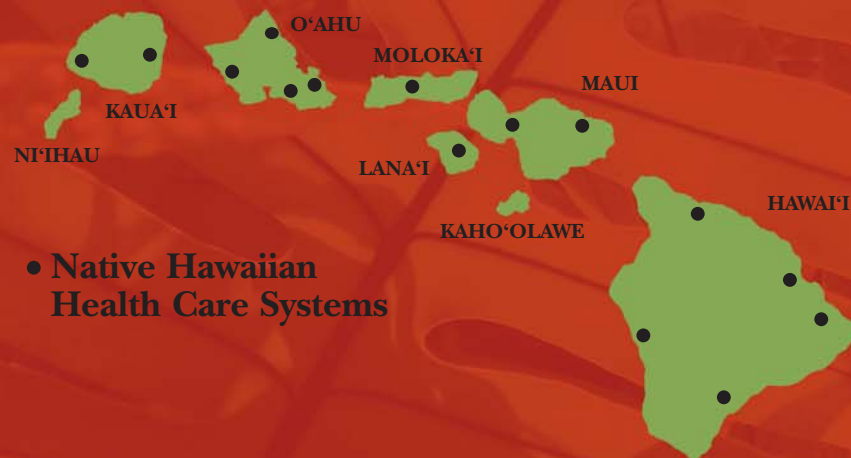
### *'Imi Hale*

Native Hawaiian Cancer Network  
A Program of Papa Ola Lōkahi

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# Medicines that Help You Quit Smoking



Some people quit smoking on their own, but many quit with the help of their doctor. There are medicines available to help you quit.

This pamphlet talks about medicines that help people stop smoking. Talk to your doctor about what may be the right one for you.

## Pills

■ **Brand name:** Zyban

**Also called:** Wellbutrin, bupropion SR

**Description:** A pill without nicotine that for many people lessens quit smoking side effects like cravings and weight gain.

**Where to get:** You can only get Zyban from your doctor.

■ **Brand name:** Chantix

**Also called:** varenicline

**Description:** A pill without nicotine that for many people lessens the urge to smoke.

**Where to get:** You can only get Chantix from your doctor.

## Nicotine Patches

■ **Brand names:** Habitrol, Nicoderm CQ, Nicotrol, ProStep

**Description:** Patch that sticks to your skin and releases small amounts of nicotine into your body.

**Where to get:** You can buy patches yourself at most drugstores and pharmacies.

## Nicotine Gum

■ **Brand names:** Nicorette, Nicorette DS, Nicorette Mint

**Description:** Gum that is chewed, one piece at a time. Be sure to read the directions carefully about how many can be chewed in a day.

**Where to get:** You can buy nicotine gum yourself at most drugstores and pharmacies.

## Nicotine Lozenge

■ **Brand names:** Commit

**Description:** The lozenge like a cough drop must be sucked on until gone. It should not be bitten, chewed or swallowed. Read directions carefully as amount is reduced over time.

**Where to get:** You can get nicotine lozenge at most drugstores and pharmacies.

## Nicotine Inhaler

■ **Brand names:** Nicotrol IN

**Description:** The Nicotine Inhaler comes in a kit. Ask your health care provider about use.

**Where to get:** You can only get the Nicotine Inhaler from a doctor.

## Nicotine Nasal Spray

■ **Brand name:** Nicotrol NS

**Description:** It is a solution that is sprayed in the nose.

**Where to get:** You can only get the nicotine nasal spray from a doctor.