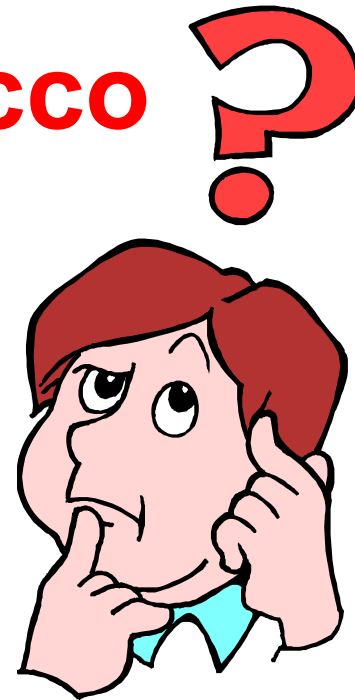


What about

**Nicotine Replacement Therapy
and
Quitting Tobacco ?**



Nicotine Replacement Products (NRT)

- Available over the counter : nicotine patch, gum & inhaler.
- Can double your chances of quitting successfully
Note: with counseling, quit rate doubles again.
- Assist in quitting tobacco by delivery of “clean nicotine” at gradual doses.
- Choice of NRT based on personal preference.
- Advisable not to use tobacco products while using NRT.
- Consult physician/pharmacist re: medical history and medications prior to using.
- Read all instructions that come with the products.

COST OF SMOKING

1 pack per day for 10 weeks @ \$10.00 per pack

\$700.00 + the Cost of Your Health

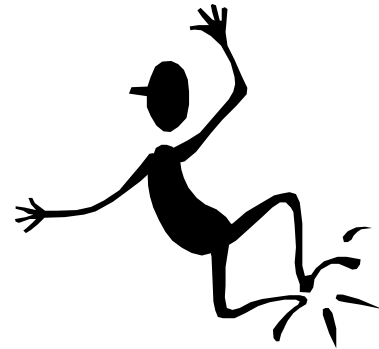


“Cigarettes are killers that travel in packs”

How NRT can work better *for you* ...

- Have a quit plan.
- Access tobacco cessation counseling.
- Use NRT products correctly.

**You Can
Do It!**



More information on NRT products

CHECK IT OUT!

- www.nicorette.ca (for the gum & inhaler)
- www.nicoderm.ca (for the patch)
- www.habitrol.ca (for the patch)

