



## Myths and Facts about Smoking/Vaping Cessation Medication

Many people want to quit smoking or vaping, but have concerns or doubts about the health risks of cessation medication. There's no need to worry—MetroPlus has the facts!

Myths	Facts
<p>Nicotine medication-- like the patch, gum, nasal spray, lozenge or inhaler -- can cause cancer</p>	<p><b>No</b>, because it's not the nicotine in cigarette smoke that causes cancer. The tar in cigarette smoke is what causes cancer.</p> <p>You can get clean nicotine in patches, gums, lozenges, nasal sprays, or inhalers. These products <u>do not</u> have tar.</p>
<p>I might get hooked on nicotine in nicotine medications, like the patch</p>	<p><b>Not true!</b> Most people find it easy to get off nicotine medicines after a few months</p>
<p>Nicotine replacement therapy doesn't really work</p>	<p><b>Incorrect!</b> Nicotine medications can help by dulling your craving for a cigarette and increase your chances of quitting</p>
<p>I am afraid of gaining weight by using nicotine medications</p>	<p><b>False!</b> Medications like bupropion, or the nicotine patch, gum or lozenge help you quit, and they also help to delay or limit weight gain after quitting. With fewer nicotine cravings, you won't be as likely to reach for a distracting snack.</p>