

Inova TobaccoNET

Session 2: Personal Activity

This program is **for you** and **about you**. It uses both your strengths and weaknesses. Most people quit an average of 6-10 times before they succeed permanently. If you fall into that statistic, don't feel discouraged; it can work this time. If you haven't tried that many times, you don't have to. This time you'll succeed because you'll be doing all the exercises in this program for your own personal reason. This is the reason you carried your 'I Choose to Quit' cards in your wallet or had taped to your mirror all week...and will continue to have in your wallet, on your mirror and in your head through the program.

Your Activities for the Week:

1. **Keep a Tobacco Journal:** Print the Tobacco Journal from the website and complete it for the next week. If you are unable to do the full week, complete a minimum of 2 weekdays and 1 weekend day.
2. **Make a Decision About Pharmaceutical Aids:** Make a decision about using tobacco cessation pharmaceutical aids as part of your quit plan, as you will want to start them in conjunction with your quit date. Your Inova TobaccoNET Coach will suggest the aids that are most successful for your smoking pattern. Now is a good time to make an appointment to see your physician. You can have a physical performed and have a chance to discuss your plan to quit tobacco.

Overview of the Available Pharmaceutical Aids

Product	Brand Name	Source	Cost (prices as of 03/2011)
Nicotine Patch	Nicoderm CQ	Over the Counter	\$52/box of 14 patches ~\$3.71 @ 1 patch/day
Nicotine Gum	Nicorette	Over the Counter	2 mg & 4mg: \$52 for 100 pieces ~\$6.24 @ 12 pieces/day
Nicotine Lozenge	Commit Lozenges	Over the Counter	4 mg: \$43 for 72 pieces ~\$11.94 @ 20 pieces/day
Nicotine Spray	Nicotrol NS	Prescription	\$70 for 4 bottles (10 ml) ~\$3.50/day @ 5 doses/day
Nicotine Inhaler	Nicotrol Inhaler	Prescription	\$249 for 1 box of 168 cartridges ~ \$49.80/day @ 6 cartridges/day
Bupropian HCl SR Tablet	Zyban	Prescription	Generic: \$57 for 30 day supply ~\$1.90/day@ 1 tablet/day Zyban: \$139 for 30 day supply ~\$4.63/day@ 1 tablet/day
Varenicline Tablet	Chantix	Prescription	\$183 for 30 day supply ~\$6.10/day @ 1 tablet/day