

Understanding Nicotine Replacement Therapy

1. The patch will help reduce the withdrawal symptoms while you learn to live as a non-smoker.
2. The patch works by allowing the nicotine to enter your body slowly to manage withdrawal symptoms. This is unlike the nicotine in cigarettes that reaches your brain in seconds resulting in addiction.
3. You will not get addicted to the patch because it weans you from nicotine safely, slowly and effectively.
4. Nicotine is found naturally in tobacco leaves and is the addictive drug in cigarettes.
5. Nicotine does not cause heart disease, the 4,000 chemicals in cigarettes do that.
6. People who use the patch are more successful long term than those who quit cold turkey.

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