



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

# Common Myths about Quitting Smoking

There is a lot of information out there about giving up tobacco. Much of it true, but some of it isn't. Below are some common misconceptions about quitting. Call Quitline Iowa at 1-800-QUIT-NOW and get help quitting today.

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## Myth 1: Smoking is just a bad habit.

**Fact:** Tobacco use is an addiction. According to the U.S. Public Health Service Clinical Practice Guideline, *Treating Tobacco Use and Dependence*, nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine.

## Myth 2: Quitting is just a matter of willpower.

**Fact:** Because smoking is an addiction, quitting is often very difficult. A number of treatments are available that can help.

## Myth 3: If you can't quit the first time you try, you will never be able to quit.

**Fact:** Quitting is hard. Usually people make 7-10 serious attempts before being able to quit for good. But you can increase your chances by having a plan and getting help from your doctor and Quitline Iowa.

## Myth 4: The best way to quit is "cold turkey."

**Fact:** The most effective way to quit smoking is by using a combination of counseling and nicotine replacement therapy (such as the nicotine patch, inhaler, gum, or nasal spray) or non-nicotine medicines (such as bupropion or Chantix™). Your health care provider or smoking cessation clinic is the best place to go to for help with quitting.

"Cold turkey" works 5% of time and has the least success of any method of quitting.

## Myth 5: Quitting is expensive.

**Fact:** Treatments cost from \$3 to \$10 a day. A pack-a-day smoker spends almost \$1,500 per year. Check with your health insurance plan to find out if smoking cessation medications and/or counseling are covered.

