

## Alternative Methods of Quitting Smoking

Other forms or alternative treatments to Laser Therapy for quitting smoking:

1. Cold-turkey
2. NRT (nicotine replacement therapy) or Nicotine substitutes; patch, gum, nasal spray inhaler, pill (Zyban), and lozenges
3. Hypnotherapy
4. Acupuncture
5. Herbal remedy aids/supplements
6. Behavioral Modification/Stop Smoking Programs or Counseling. Also, books & audio and on-line courses

NOTE: a combination of approaches has been the most successful for smoking cessation when used in conjunction with psychological and/or behavioral cessation strategies

### Introduction & reasons why these remedies did not work

#### Cold-Turkey

- considered the best way to stop smoking, yet possibly the most uncomfortable
- you completely stop your smoking all at once, relying on your will power to fight your nicotine addiction
- not gradual, straight to 0 cigarettes a day
- involves setting a reduction or quit date, and simply reducing or quitting on that date without any prior reduction, preparation or nicotine withdrawal
- drastic reductions in tobacco use will result in withdrawal symptoms that can include irritability, fatigue, headache, insomnia, constipation, sweating, coughing, poor concentration, depression, increased appetite, and cravings for tobacco
- after a year only about 4% of smokers who quit without any outside help succeed
- the primary obstacle in trying to quit alone is making the behavioral changes necessary to eliminate the habits associated with smoking
- you need to prepare to quit smoking in order to be successful

In summary, the cold-turkey method relies on your absolute decision of quitting smoking. Without preparation and support, overcoming the addiction is difficult to do.

#### Patch –Nicoderm

- 10 week period
- self-adhesive patches to be worn for 16-24 hours
- produces a steady flow of nicotine by giving you a continual supply of nicotine at a low dose
- need to apply to skin; preferably a clean, dry, non-hairy area
- packaging disposal issue
- repeat purchase
- temporarily reduces desire, cravings, and withdrawal symptoms

- 4 main brands to choose from; Nicoderm, Habitrol, Nicotrol, and Prostep
- keep away from children or pets
- you are still prolonging your exposure to the cancer-causing chemicals in tobacco.
- only weans you off nicotine by replacing the very high concentrations of nicotine you get from smoking with much lower doses delivered more slowly
- you can't wear them in swimming pools or while bathing
- the disadvantages of nicotine patches are that they are relatively expensive(nicotine patches can range from \$3 to \$5 per day), they can irritate the skin on which they are placed; they cause you to have weird dreams and not sleep very well if you wear them after you go to bed; if you don't wear them after you go to bed it can be a bit rough in the morning before you get a patch on and it starts working; and, if you are dumb and you smoke while you are wearing a patch or shortly after removing one, you could suffer symptoms of nicotine overdose, such as death
- must be used properly to be effective

In summary, the patch has many particulars that one needs to adhere to, not to mention the high cost and side effects. The program needs to be followed for some duration and it is only a substitute for cigarettes because of the nicotine supply that it offers.

#### Gum(nicotine polacrilex)– Nicorette

- repeat purchase
- use on a fixed schedule only
- not to exceed 24 pieces a day
- not professional to “chew” in various business settings
- you must follow certain chewing or biting instructions
- some oral gratification
- there still is a release and steady flow of nicotine into the body
- 8-12 week program
- temporarily reduces desire, cravings, and withdrawal symptoms
- still prolonging your exposure to the cancer-causing chemicals in tobacco
- wean you off nicotine by replacing the very high concentrations of nicotine you get from smoking with much lower doses delivered more slowly
- helps you quit by providing you with a source of nicotine apart from smoking
- allows you to deal with the physical component of addiction over a longer period of time with less drastic withdrawal symptoms
- it is relatively inexpensive
- you can take it when you need it
- you can't chew it while drinking soda or alcoholic beverages
- it can make you feel sick if you chew it too fast; and it takes a long time for it to work, so if you wait for too long between pieces you can become extremely irritable while waiting for the piece you're chewing to affect you
- there are many warnings and precautions to consider; side effects
- taste of gum may not be delightful

In summary, the gum is also another type of nicotine fix. There are certain procedures to follow and the program lasts up to 3 months. There are also side effects to this product and there remains an oral gratification.

#### Spray

- gives a potent hit of nicotine, verses releasing a steady flow

- must consult doctor for potential risks and side-effects
- spray into nostril 1-2 times an hour
- multiple doses
- one squirt delivers 1mg of nicotine
- you should not use the nasal spray for longer than six months
- there are approximately 100 doses per bottle. You can use the spray up to five times an hour and up to 40 times a day
- cost per day is about \$40
- nasal irritation, nose bleeds, watery eyes, and ear sensations are side effects that can occur

In summary, the spray involves multiple daily use and is relatively expensive. A nicotine dose is prevalent along with side effects. The program duration is up to 6 months.

#### Inhalers

- resembles the action of smoking itself b/c it uses this same hand-to-mouth motion
- the nicotine inhaler is a cigarette-type device made up of a cartridge containing nicotine with menthol, and a mouthpiece
- must be doctor prescribed; esp. for those with medical problems
- it's a nicotine delivery system that uses a mouthpiece roughly the size and shape of a cigarette, which puts out vaporized nicotine when you puff on it.
- you'll get anywhere from 80 to 300 puffs from one of the inhaler cartridges.
- program duration is 3 –6 months, not to exceed 6 mos.
- side effects of mild throat and mouth irritation and soreness, coughing, upset stomach, burning of the nasal tissues or throat, nausea, heartburn, oral burning, coughing after inhalation, and rhinitis
- at this time, the nicotine inhaler is available only by prescription, but insurance will cover this medication in New Mexico and Texas. The cost ranges from \$40 to \$55 per package
- the nicotine inhaler has the ability to satisfy a smoker's psychological need for the hand-to-mouth ritual of smoking
- the inhaler should not be used more than six months total
- keep opened and unopened cartridges out of the reach of pets and children because they can produce a fatal poisoning
- you must clean the mouthpiece regularly with soap and warm water

In summary, the inhalers resemble the act of smoking and thus do not provide a physical detachment from the addiction. Side effects, doctor prescribed, and disposal & cleanliness of the product are factors to consider.

Zyban, also known as bupropion

- non-nicotine medicine
- it's a drug
- common side effects from using Zyban include dry mouth, difficulty sleeping, shakiness, skin rash, weight loss, insomnia, and nervousness
- anti-smoking pill that seems to reduce nicotine withdrawal symptoms and the urge to smoke
- about one out of every 1,000 people taking bupropion may have a seizure, which may involve convulsions and loss of consciousness
- you should start feeling the effects of Zyban within one to two weeks if you are taking the medication to help stop smoking
- possible drug interactions

In summary, Zyban is simply a drug. It will only suppress the symptoms, and perhaps create a dependency followed by critical side effects.

Lozenges

- recently approved by the FDA in the U.S.
- releases small amounts of nicotine
- can not eat or drink 15 minutes before using or while the lozenge is in your mouth
- must keep lozenge in your mouth for about 20-30 minutes
- repeat dosage; 9 lozenges per day for the first 6 weeks
- side effects include hiccups, heartburn, or nausea if you eat one after another
- dosage warnings: do not use more than 5 lozenges in 6 hours or more than 20 daily
- program is 12 weeks
- nicotine lozenge is a medicine and must be used a certain way to get the best results

In summary, the lozenges supply nicotine and require instructions to be followed. The duration is 3 months. This is a fairly new stop smoking aid and the success rate is not certain.

How methods of smoking cessation stack up

**Of the nation's estimated 48 million smokers, 70% want to quit, and only 46% try each year. Only 1 in 40 succeeds. Federal guidelines, based on published studies, estimate varied success rates for a number of stop-smoking medications.**

**Medications   Nicotine   Nicotine   Bupropion   Nicotine   Nicotine   Combination**

	<b>gum</b>	<b>inhaler</b>	<b>SR (Zyban)</b>	<b>spray</b>	<b>patch</b>	
<b>Number of studies</b>	13	4	2	3	27	3
<b>Five-month quit rate</b>	<b>23.7%</b>	<b>22.8%</b>	<b>30.5%</b>	<b>30.5%</b>	<b>17.7%</b>	<b>28.6%</b>
<b>Placebo success rate</b>	17.1%	10.5%	17.3%	13.9%	10%	17.4%
<b>Advantage</b>	Can be used to offset cravings	Mimics smoking	Non-nicotine, an anti-depressant	Higher nicotine levels	Private, once/day	Combines benefits
<b>Disadvantage</b>	Poor taste	Low nicotine levels	Must screen for seizures	Irritation, sneezing	Skin irritation	Not FDA-approved
<b>OTC or prescription</b>	OTC	Rx	Rx	Rx	Both	Both

Many experts suggest that successful chances of quitting can increase to above 40% with the aid of counseling and the support of family and friends.

Source: Treating Tobacco use and Dependence, U.S. Public Health Service; John Hughes, University of Vermont; Center for Disease Control and Prevention

#### Hypnotism

- the power of suggestion
- you are getting your subconscious mind involved
- private sessions
- no strong evidence to confirm claims
- much depends on the trust a person has in the therapist; the process is effective only if the subject can feel completely at ease in the vulnerable and passive state necessary for hypnotic susceptibility
- session usually takes about an hour and requires follow-ups
- while you are hypnotized, the therapist gives you suggestions to help you stop smoking. The procedure may help with relaxation and withdrawal symptoms.
- hypnosis can be both expensive and time consuming/commitment
- a relatively risk-free nature
- you can develop insight into the real reasons you smoke
- it reconditions your subconscious mind with new information

- it programs the inner mind or the subconscious mind to erase the need and desire to smoke
- one is given suggestions or prompts that are intended to linger in the mind after the session ends and change one's attitude about smoking

In summary, there is little evidence that the hypnotic state helps people quit above and beyond the suggestions provided by the therapist. It's mysterious and exotic. In addition, there is a time commitment that is involved.

### Acupuncture

- non-invasive, but not pain-free for some
- healing technique derived from ancient Chinese medicine
- use of needles
- quit rates at one year have reportedly ranged from 8% to 40%.
- has been shown to increase levels of endorphins (opiate-like substances the body produces), which are known to calm the system and may consequently soothe cravings
- performed on the ear is reported to be most effective

In summary, acupuncture has been around for years. Many people who want to quit, may be apprehensive due to the fact that needles are involved. There is a fear factor for some. Eastern or non-traditional remedies don't always appeal to the mass.

### Herbal Remedies

- include herbal combinations, minerals, trace minerals and nutrients
- non-prescriptive
- you have to pay attention to the recommended dosages and don't exceed them
- some herbs have a toxic effect when mixed with other prescription & OTC drugs
- provide help to quit, cleanse and rejuvenate the body and mind
- one-week(7-Day) to up to possibly 90 day supply's of natural supplements
- formulas help to lessen the desire for tobacco
- supplements need to be taken x amount of times per day
- some side effects prevalent
- no FDA regulations (do not need FDA approval to be marketed)
- the calming effect of these herbs can help you cope with stressful situations that might otherwise lead you to smoke
- since the government doesn't regulate herbal supplements as strictly as it does other drugs, so quality and potency can vary from bottle to bottle. In rare cases, supplements may be contaminated with undesirable substances

- the herbal approach combines all natural vitamin supplements to support the proper functioning of the nervous system and the immune system while helping you to detox from the tobacco

In summary, there is very little scientific evidence about their effectiveness. You have to adhere to dosage amounts and require repeat purchases. The ingredients are not 100% effective or safe.

Behavioral Modification (videotapes, audiotapes, cd's, self-help books, manuals, booklets, courses, retreats, detox centers, guides, posters, charts, quit smoking programs, websites)

- self-help
- offer counseling and guidance
- working with a therapist can help you learn new skills and behaviors that replace the unhealthy habit of smoking--and a therapist can steadfastly support and reinforce your new efforts, as well as provide pivotal help when coping with any difficult situations or relapse
- the mind is changed through physical conditioning, resulting in a psychological adjustment
- behavioral programs help you look at your smoking behavior, explore your reasons for quitting, develop an individualized plan to stop smoking, and provide you with skills to remain a nonsmoker for life
- some programs offer a variety of techniques, good social support, behavior modification, and enough time for attitudes, habits and thoughts to change
- they encourage awareness of thoughts and attitudes and help you identify the connections you may have to smoking
- healthy thinking produces healthy behaviors
- comprehensive content and interactive workbooks & practical exercises
- NO side effects
- materials are based on a variety of different strategies
- simple, practical, and specific strategies that allow smokers to create quitting plans that offer the best chance for success
- tips and facts about stopping, quitting aids, health benefits, harmful effects, withdrawal symptoms, etc...
- must be willing to commit time and effort
- a remedial program is set to assist and combat in any long term withdrawal effects, combined with a conscious desire to stop

In summary, you have to want to quit. No one can make that decision for you. You are either willing or not willing to change and improve your lifestyle and health. Reading & using materials only help you navigate your way through the quitting process. There's a body mind connection involved in making your final decision.

**Conclusions: Why Laser Therapy Is Best**

THE SUBSTANCE MUST BE REMOVED, NOT REPLACED! Your addiction is nicotine, so why pump more nicotine??? You have to be committed and ready to stop smoking in a healthy and sensible way. Most of the products and methods for quitting smoking are unsuccessful in the long-term because they do not address the issues behind the craving and the smoking itself. There is only one way to truly stop smoking and break the addiction. Many of the patches, drugs and alternative methods to help you quit, may work in the short-term, but many people return to smoking, even after 10 years.

There is a 80% failure rate every year amongst those who quit smoking. Complementary and alternative therapists tend to look more holistically at a problem and root out the cause not just treat the symptoms. The laser therapy targets acupuncture points which help reduce anxiety, stress, detox, and raise endorphin levels. In addition, laser therapy does not require constant, ongoing treatments, as is often required with other remedies. It's safe and non-invasive and there are no reported side effects to low level laser therapy and its benefits have been reported world-wide.

Different methods work for different people. Make the decision and find a reputable program that can empower you and lead you to the freedom you deserve. What is important to remember is quitting takes practice and must truly want to quit. If you try to quit and find yourself smoking again, try to figure out what caused you to want that cigarette. The most successful quitters are those who are ready to quit. They have developed strategies to deal with the triggers that will make them want to smoke again.

Now that people are more health aware and the dangers of smoking are more and more evident, we must stress the necessity to Quit Smoking and Take Control! We have to declare that we are positive that you will experience a supportive environment and impressive results that will improve your general fitness and lifestyle.

LASER THERAPY IS RISK-FREE, PAIN-FREE and DRUG-FREE.

Celebrate success, accentuate the positive and encourage support with LaserTouch. Quit smoking for life!