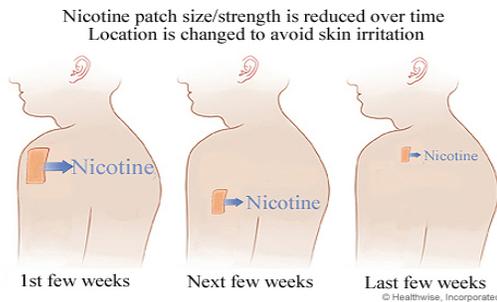


Fact Sheet: Focus on Cessation



The U.S. Food and Drug Administration has approved several medications and devices to help people quit smoking or using tobacco. FDA approved over-the-counter tobacco cessation products include nicotine patches, nicotine gum and lozenges. These medications work by providing some nicotine in decreasing amounts over the course of a tobacco user's quitting program.



Medications that help reduce the craving for nicotine are also available with a doctor's prescription. Some of these medications include bupropion, also known as Zyban, and varenicline, also known as Chantix. All FDA approved cessation medications are allowed under the Executive Order, which makes state properties tobacco-free. None of these products contain tobacco.

Tobacco candy



Tobacco companies are marketing new tobacco products designed to keep tobacco users addicted. These products provide a tobacco user with tobacco in situations where he or she can't smoke. This means that these products reduce attempts to quit using tobacco. These are not FDA approved cessation products. These products have been referred to as tobacco candy due to their likeness to candies. Some of these products include Camel Orbs, Sticks and Strips. Because these products contain tobacco, they are not allowed to be used following implementation of the Executive Order.

In addition, electronic cigarettes, or e-cigs, are not FDA approved cessation devices and are not allowed following implementation of the Executive Order. For more information, please see [Fact Sheet: Focus On E-Cigarettes](#).

Help helps; resources for quitting

Tobacco-free campuses and properties make it easier for tobacco users to quit, and, for those who have already quit, to stay off of tobacco. Almost 70 percent of smokers want to quit and the state, through PEBB, offers some of the best cessation benefits available. Those benefits include telephone or online coaching, nicotine replacement therapy such as patches or gum and no or low cost prescription medicines. Research shows that tobacco users are from twice to three times more likely to quit using tobacco and to stay away from tobacco for good than those who try to quit without help. To learn more, go to:

www.oregon.gov/DAS/PEBB/pages/freeclear.aspx or call 1-800-QUIT-NOW.

For those who want to quit, but are not covered by PEBB, the Oregon Tobacco Quit Line offers telephone coaching, online Web counseling and patches or gum to uninsured Oregonians, or Oregonians who do not have cessation coverage through their health plans. Call 1-800-QUIT-NOW or go to www.quitnow.net/oregon for more information.

Both the cessation benefits offered by PEBB and the Oregon Tobacco Quit Line work for smokers and for smokeless tobacco users. Smokeless tobacco users who want to quit receive materials and assistance specific to smokeless tobacco.

Questions?

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