

## Frequently asked questions and comments

### 1. I tried the patch and I still smoked.

The patch was probably too low dosage for you. Even the strongest nicotine patch only delivers about one quarter of the nicotine you absorb from cigarettes.

### 2. I don't like the nicotine gum. It made me sick

There is a highly specialised way you use nicotine gum. For example you don't chew it at all. Please refer to the nicotine gum information sheet for more information.

### 3. Aren't patches, lozenges etc still nicotine? Aren't you just replacing one bad thing with another?

Nicotine delivered through nicotine replacement therapy is delivered very slowly. Nicotine's dependence producing potential and harmful effects on the heart and blood vessels is determined by how quickly it is absorbed into the blood stream. At the same time, nicotine replacement therapy delivers no tar or carbon monoxide which are the two most dangerous substances in tobacco smoke.

### 4. I don't think I smoke for the nicotine. I smoke through "habit"

That is certainly how it might "appear" to you. A habit is a behaviour. All behaviour is brain driven. If we treat what is going on with nicotine in the brain, the habit disappears.

### 5. Will I gain weight when I quit smoking and isn't that just as bad for my health?

Weight gain is due to nicotine withdrawal and too low a dosage of medication/s to treat nicotine dependence. In terms of heart and blood vessel disease, it is much more dangerous to smoke than being slightly overweight.

### 6. I don't want to quit smoking. I enjoy my smoking.

I know you enjoy your smoking. That is the power of nicotine in the brain. Nicotine causes the release of "feel good" chemicals in the brain. This is what



keeps you smoking. When you have access to the proper types and dosage of medications to treat nicotine dependence, you will be less likely to miss the enjoyment aspect of smoking.

7. **When I previously quit smoking, I felt worse and became sick more often.**

This is because literally from day one of not smoking, your body starts cleaning up and recovering which can leave you sometimes feeling more tired and lethargic. Your immune system is working over time and this can leave you vulnerable to colds and flues etc. This will pass and by 3 months when we can measure improvements in health, most people feel much better.

