



The Medical **Bulletin**

Life Style Modification

Pearls on Smoking Cessation

Tobacco use is the number one cause of preventable morbidity and mortality worldwide. All forms of nicotine replacement therapy can help people increase their chances of quitting by 50 to 60%, regardless of setting. Patients who quit smoking abruptly have a higher likelihood of success than those who use a slow taper, Five nicotine replacement therapies are available to help patients quit, nicotine patch, lozenge, gum, inhaler and nasal spray. Varenicline promote smoking abstinence through stimulation of dopaminergic factors, Bupropion is another option. E-cigs Have Shown to help people quit combustible

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