

Advantages and disadvantages of different stop smoking medications

Pharmacotherapy	Advantages	Disadvantages
Effective nicotine replacement therapies		
Gum (resin) (sold under different names and by different manufacturers)	Reduces nicotine withdrawal symptoms and increases odds of quitting; oral administration; useful for addressing urges to smoke in combination with the patch; now available in different flavors; two dosage strengths (2mg and 4mg)	Low compliance; gum can stick to teeth and dental work; under dosing is common
Patch, (sold under different names and by different manufacturers)	Reduces nicotine withdrawal symptoms and increases odds of quitting; once a day administration with several dose strengths (21 mg, 14 mg, 7 mg)	Fixed dose; slow delivery not conducive to treating acute cravings but useful for
Nasal Spray (GSK)	Reduces nicotine withdrawal symptoms and increases odds of quitting; faster delivery of nicotine compared to other nicotine medications	Nasal/throat irritation discourages repeated use; lowest compliance formulation of nicotine medications; requires prescription
Inhaler (GSK)	Reduces nicotine withdrawal symptoms and increases odds of quitting; hand to mouth action stimulates smoking a cigarette; available in menthol flavor	Low compliance; under dosing is common; requires prescription
Lozenge, sold as COMMIT (GSK)	Reduces nicotine withdrawal symptoms and increases odds of quitting; oral administration; useful for addressing urges to smoke in combination with the patch; neat packaging like (like a candy dispenser)	Low compliance; under dosing is common
Effective non-nicotine therapies		
Bupropion, sold as Zyban (GSK)	Reduces nicotine withdrawal symptoms and increases odds of quitting; quit rates are comparable to those achieved with	Patient screening required; not recommended for patients with a history of eating disorders or seizures; moderately expensive (~\$3-4 per day); requires prescription

	<p>nicotine medications; administration; start one week before quitting to build blood levels of drug; start with once a day dosing and build to twice a day administration; recommended for 12 weeks</p>	
<p>Varenicline, sold as Chantix (Pfizer)</p>	<p>Reduces nicotine withdrawal symptoms and increases odds of quitting; higher quit rates than bupropion in two published studies; oral administration; start one week before quitting to build blood levels of drug; start with once a day dosing and build to twice a day administration; recommended for 12 weeks once to twice daily dosing; developed specially for smoking cessation</p>	<p>Patient screening required dose adjustment recommended for patients with renal problems; nausea reported by 30% of patients treated with Chantix 1mg bid, with 3% discontinuation after 12 weeks; nausea was generally described as mild or moderate and transient; moderately expensive(~\$3-4 per day); requires prescription; requires prescription.</p>