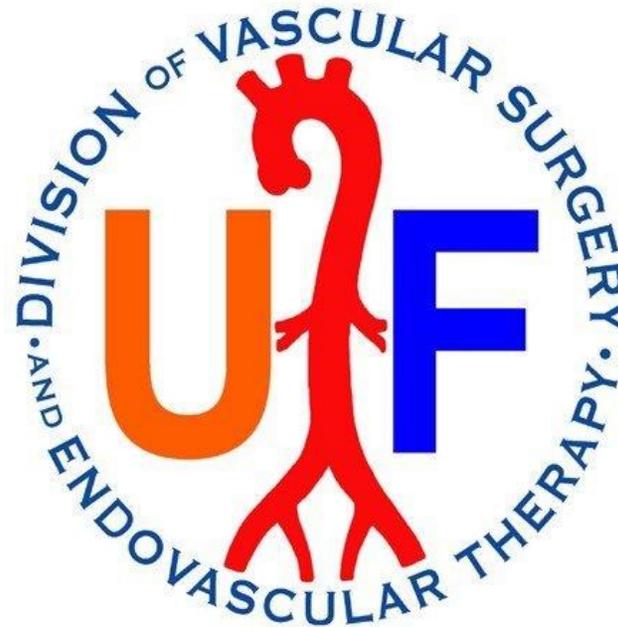


**Quit Smoking Now  
with UF Health,  
Wellbutrin & Area  
Health Education  
Centers (AHEC)**



**GET ON THE PATH TO A HEALTHIER YOU!  
IF YOU QUIT SMOKING RIGHT NOW:**

**After 15 years**  
Your risk of coronary heart disease is the same as a non-smoker's

**After 10 years**  
You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases

**After 5 years**  
Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half

**After 1 year**  
Your risk of coronary heart disease is cut in half

**Within 9 months**  
You will cough less and breathe easier

**Within 3 months**  
Your circulation and lung function improves

**Within 12 hours**  
The carbon monoxide level in your blood drops to normal

**Within 20 minutes**  
Your heart rate and blood pressure drop

- 1 Effect of smoking on arterial stiffness and pulse pressure amplification. Mahmud A, Fealy J. Hypertension. 2003;41:183
- 2 US Surgeon General's Report, 1988, p. 202
- 3 US Surgeon General's Report, 1990, pp.193, 194,196, 285, 323
- 4 US Surgeon General's Report, 1990, pp. 285-287, 304
- 5 US Surgeon General's Report, 2010, p. 259
- 6 A Report of the Surgeon General: How Tobacco Smoke Causes Disease - The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p. 341
- 7 A Report of the Surgeon General: How Tobacco Smoke Causes Disease - The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010; and US Surgeon General's Report, 1990, pp. vi, 155, 165
- 8 Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p. 11

# Wellbutrin and Communicating With Your Physician Can Help You Quit Smoking

## What is Wellbutrin?

Your provider has recently spoken with you about how important it is for your overall health that you quit smoking. We know how challenging it can be to quit, and recognize that there are chemicals in your brain that make you crave nicotine. We also recognize that nicotine withdrawal symptoms can be debilitating.

With these facts in mind, we have recommended that you take Wellbutrin, a prescription medication that acts on chemicals in the brain related to your nicotine cravings, and that reduces symptoms of nicotine withdrawal. While this medication was originally developed to treat depression, it has been shown to be effective in helping patients quit smoking.

## How Do I Use Wellbutrin?

First, you will need to choose a quit date. We recommend that you choose a low stress day to maximize your chance of success. Once you have your quit date, you will start taking Wellbutrin at the dose your physician has prescribed **7 days** before your quit date.

During these first 7 days, you should either reduce your cigarette consumption by at least half, or use the 14mg transdermal patch, which is a Nicotine Replacement Therapy (NRT). Please do not use the patch *and* smoke, as this could cause unwanted side effects. You may also lose your desire to smoke completely before your quit date, and it's OK if you end up quitting before your planned quit date!

The 14mg transdermal patches are available to you at no cost through your local Area Health Education Center (AHEC). Call the University of Florida AHEC anytime at 877-U-CAN-NOW (877-822-6669). AHEC also provides complimentary cessation classes that can give you meaningful tools to help you quit, which we at UF Health highly recommend.

## Stay in Touch With Us

While Wellbutrin, NRT, and AHEC are an important part of helping you become healthier, it is also crucial that you continue to communicate with your provider about how you are doing in the process. We are committed to helping you quit smoking, and want to celebrate your successes with you and help you through any obstacles you may face.

## Wellbutrin Side Effects

The most common side effects of Wellbutrin are insomnia and dry mouth. We recommend that you avoid taking Wellbutrin after dinner, and take your last dose no later than 6PM to avoid sleep problems.

If you find that you are still having sleep problems, or any other unpleasant side effects, we urge you to contact us so we can adjust your dosage, as many side effects can be reduced or eliminated with dosing modifications.



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