

## CHANTIX

CHANTIX (varenicline) is the newest medication used to aid adults in quitting smoking by reducing the urge to smoke. CHANTIX is a medication that does require a prescription from your doctor.

### HOW DOES IT WORK?

When you smoke the nicotine you inhale attaches to receptors in the brain. This sends a message to a different part of the brain to release a chemical called dopamine that gives you a feeling of pleasure. But the pleasure only lasts a short time and your body seeks to repeat this feeling. Based on research, it is believed that CHANTIX (varenicline) works by blocking nicotine from attaching to these receptors. Unlike some other smoking cessation aids, CHANTIX does not contain nicotine.

### BENEFITS

In studies, CHANTIX has been proven to be effective. For most people, however, smoking is both a physical and behavioral addiction. Behavioral counseling coupled with the medication is the most effective treatment plan. The makers of CHANTIX have developed a support program to coincide with the medications use.

### NEXT STEPS

Talk to your Doctor to see if CHANTIX would be right for you. Like all medications, side effects are possible. If you decide to use CHANTIX make sure you enroll in their support program or seek a local cessation class or support group (see the Tobacco-Free Coalition of Lancaster County's web-site for local resources).